

BOYS INDOOR TRACK

Team Champions

(champion, runner-up)

AAA

2012	Western Branch	48.0	Grassfield	34.0
2011	Atlee	57.0	Lakeland	36.0
2010	Western Branch	41.0	Landstown	38.0
2009	Albemarle	66.0	Western Branch	61.0
2008	Western Branch	65.0	Nansemond River	37.0
2007	Western Branch	65.0	Manchester	45.0
2006	E.C. Glass	33.0	Indian River/Huguenot	27.0
2005	Deep Creek	47.0	J. R. Tucker	39.0
2004	Deep Creek	59.0	Westfield	52.0
2003	Deep Creek	34.0	Great Bridge	31.0
2002	Deep Creek	44.0	Centreville	32.0
2001	Lake Braddock	57.0	Deep Creek	49.0
2000	Potomac	38.0	Lake Braddock	32.3
1999	Potomac	54.0	Centreville	49.0
1998	West Springfield	46.0	Menchville	28.0
1997	Hayfield	49.0	Patrick Henry-Roanoke	42.0
1996	West Springfield	42.0	Menchville	34.0
1995	Deep Creek	58.0	Menchville	46.0
1994	Hayfield	38.0	Chantilly	26.0
1993	T.C. Williams	56.0	Chantilly	32.0
1992	T.C. Williams	76.0	Great Bridge	32.0
1991	Heritage	60.0	George Washington	55.0
1990	Gar-Field	36.0	G Washington, Wm Fleming	33.0
1989	T.C. Williams	63.0	Heritage, Denbigh	32.0
1988	Lake Braddock	70.0	Kempsville	64.0
1987	Bayside	56.0	Green Run	48.0
1986	Lake Braddock	54.0	Bethel	42.0
1985	Bethel	44.0	Menchville	34.0
1984	Denbigh	40.0	E.C. Glass	38.5
1983	Menchville	58.5	Jeff.-Huguenot-Wythe	54.0
1982	Menchville	61.0	Denbigh	39.0
1981	Contest Not Held			
1980	Menchville	60.5	Jeff.-Huguenot-Wythe	47.0
1979	T.C. Williams	49.5	Albemarle	34.0
1978	Bayside	32.0	Albemarle	27.0
1977	Denbigh	56.0	Bethel	38.0
1976	Thomas Edison	21.0	Menchville	21.0
1975	Albemarle	34.0	Thomas Edison	22.0
1974	Albemarle	33.0	Homer Ferguson	32.0
1973	Menchville	24.0	Bethel	23.0
1972	Menchville	29.5	Kecoughtan	22.0
1971	Denbigh	28.0	First Colonial	21.0
1970	Denbigh	27.0	First Colonial	19.5
1969	Newport News	44.0	Woodrow Wilson	17.0
1968	Newport News	42.0	E.C. Glass	37.0
1967	Newport News	60.0	Wakefield	39.5
1966	Wakefield	32.5	Newport News	26.0
1965	Newport News	34.0	Great Bridge	20.0
1964	Newport News	34.0	Washington-Lee	27.0
1963	Washington-Lee	31.0	Newport News	26.5

1962	Newport News	35.5	Norview	23.0
1961	Newport News			
1960	Washington-Lee	33 5/6	Granby	29 5/6
1959	Andrew Lewis	34 1/2	Washington-Lee	30 1/3
1958	Andrew Lewis			
1957	Washington-Lee			
1956	Washington-Lee			
1955	Washington-Lee			
1954	Washington-Lee			
1953	Washington-Lee			
1952	Contest Not Held			
1951	Contest Not Held			
1950	Thomas Jefferson - Richmond			

AA

2012	E.C. Glass	68.0	Lafayette	56.0
2011	Louisa County	61.0	Jamestown	39.0
2010	Christiansburg	53.0	Blacksburg	52.0
2009	Louisa County	83.0	Jamestown	57/0
2008	Western Albemarle	57.0	Brookville	55.0
2007	Brookville	45.50	Jamestown	35.0
2006	Heritage	53.50	Appomattox	53.0
2005	Lafayette	58.0	Charlottesville	41.0
2004	Charlottesville	81.7	Turner Ashby	36.2
2003	Heritage-Lynchburg	74.0	Charlottesville	46.0
2002	Heritage-Lynchburg	73.0	Lafayette	58.0
2001	Appomattox	53.0	Spotsylvania	43.5
2000	Western Albemarle	61.0	King George	55.5
1999	Heritage	71.0	King George	60.0
1998	Brookville	52.0	Waynesboro	50.0
1979	Western Albemarle	96.0	Brookville	36.0
1978	Waynesboro	66.0	Rustburg	56.0
1977	Not Available			
1976	R.E. Lee-Staunton	30.5	Brookville	23.0
1975	Waynesboro	46.0	Nelson County	38.0
1974	Nelson County	43.0	Waynesboro	38.0

AA/A Combined

1973	Nelson County	37.5	Blacksburg	28.0
1972	Blacksburg (tie)	31.0	Radford (tie)	31.0
1971	Nelson County	49.5	Lexington	45.25
1970	Nelson County	47.0	Lexington	31.0

A

1980	Parry McCluer	78.0	Stonewall Jackson-MJ	52.0
1979	Fluvanna County	96.0	Parry McCluer	74.0
1978	Fluvanna County	77.0	Riverheads	56.0
1977	Not Available			
1976	Fluvanna County	36.0	Goochland	35.5
1975	Riverheads	33.0	Parry McCluer	29.5
1974	Fluvanna County	88.0	Parry McCluer	46.0

Team Records

State championships:

7	Newport News	1961-62, 1964-65, 1967-69
Consecutive championships:		
4	Deep Creek	2002-05
3	Newport News	1967-69
3	Washington-Lee	1953-55

Individual Records

Most individual championships

6	Bobby Lockhart	John Handley	2000-02
---	----------------	--------------	---------

Four Year Winner (Single Event)

Long Jump	Mike Newell	Potomac	1996-99
-----------	-------------	---------	---------

Individual Champions

AAA

Shot Put

2012	59-07.50	Taylor Frenia	Kempsville
2011	68-00.00	Isiah Simmons	Woodbridge
2010	63-03.00	Isiah Simmons	Woodbridge
2009	56-10.75	Isiah Simmons	Woodbridge
2008	59-05.50	Frede Spellman	Oscar Smith
2007	58-02.25	Frede Spellman	Oscar Smith
2006	57-06.00	Michael Zajac	E.C. Glass
2005	55-11.75	Jaymes Brooks	Denbigh
2004	57-06.75	Joe Cezard	Deep Creek
2003	60-8.75	Steve Huntzinger	James Robinson
2002	59-9	Steve Huntzinger	James Robinson
2001	54-0.25	Eric Thompson	George Washington
2000	56-8.5	James Sapp	Patrick Henry - Roanoke
1999	58-7.25	Nick Welibozkiy	West Springfield
1998	56-9	Brian Kollar	First Colonial
1997	62-9	Aaron Trammell	Osborn Park
1996	55-8	Aaron Trammell	Osborn Park
1995	55-1.5	Deon Dyer	Deep Creek
1994	56-11.5	Robert Hunt	Menchville
1993	58-11.25	Chris Snyder	Indian River
1992	56-9.75	Michael Washington	Great Bridge
1991	56-10.5	J.T. Morris	Heritage
1990	55-4.5	Dwayne Winstead	R.E. Lee - Springfield
1989	57-6.75	Butch Jennings	E.C. Glass
1988	54-5	Randall Old	First Colonial
1987	59-8.5	Robert Lee	Thomas Jefferson - Richmond
1986	56-6-25	Robert Lee	Thomas Jefferson - Richmond
1985	55-10	Tom Huminick	Herndon
1984	56-5.25	Bob Christian	Highland Springs
1983	52-2	Scott Szmanski	Thomas Edison
1982	60-11.5	David Gutierrez	Gar-Field
1981	N/A		
1980	58-1.5	Tom Pascoe	J.E.B. Stuart
1979	54-9.25	Ben Williams	Prince George
1978	65-5.5	Dan Krueger	Bayside
1977	58-9	Dan Krueger	Bayside
1976	61-3	Phil Vincenzes	Edison
1975	58-2	Phil Vincenzes	Edison
1974	56-7.5	Joe Taylor	Ferguson
1973	56-4	George Drexel	Thomas Edison
1972	56-7.5	Doug Mayo	Warwick

1971	52-10	Wayne Bullock	
		Carver	
1970	50-7.5	John Proffitt	
		E.C. Glass	
1969	58-3.75	Barry White	
		Warwick	
1968	51-9.5	B.C. Williams	
		Clifton Forge	
1967	54-11	Larry Smith	
		Douglas Freeman	
1966	55-8.87	Ed George	
		E.C. Glass	
1965	55-6	Joe Wingo	
		Newport News	
1964	55-5	Ray Austin	Churchland
1963	55-7	Andy Bowling	E.C. Glass
1962	51-8	Ben Higgs	Andrew Lewis
1961	52-6.5	John Thompson	Great Bridge
1960	53-11.5	Dan Carroll	Newport News
1959	52-2	Churchill	Andrew Lewis
1958	48-0	Daniel Outland	Newport News
1957	52-6	Lowell Vaught	Warwick

Broad Jump

1960	22-6.25	Russell Peterson	Washington-Lee
1959	22-0	Russell Peterson	Washington-Lee
1958	21-9.5	John Orndorff	Washington-Lee

Long Jump

2012	23-11.25	Jamarian Bates	Matoaca
2011	23-06	Anaquan Peterson	Lakeland
2010	23-10	Justin Hunter	Ocean Lakes
2009	24-01..25	James Taylor	Nansemond River
2008	23-08.25	James Taylor	Nansemond River
2007	23-07.50	Rashaas Cannon	Highland Springs
2006	23-06.50	Corey Vinston	Phoebus
2005	24-09.75	Dennis Boone	Thomas Dale
2004	24-00.25	Dennis Boone	Thomas Dale
2003	22-11.7	John Bailey	Colonial Heights
2002	23-8	Reshard Nobles	George Washington
2001	22-10.5	Jerome Mathis	Petersburg
2000	23-7.75	Brandon Royster	Fairfax
1999	24-6	Mike Newell	Potomac
1998	24-11	Mike Newell	Potomac
1997	25-8.25	Mike Newell	Potomac
1996	23-4	Mike Newell	Potomac
1995	23-8.75	Dawane Wallace	Mount Vernon
1994	23-9.75	Dominick Millner	William Flemming
1993	23-6.75	Chris Porter	Huguenot
1992	23-9.34	Ronde Barber	Cave Spring
1991	22-11	Daryl Newby	G.W. Danville
1990	23-0.5	Tony Lanier	George Washington
1989	23-9.5	Bernard Wallace	West Potomac
1988	24-0.75	Larry Moore	Kempsville
1987	24-6.5	Keith Holley	Bayside
1986	23-11.75	Victor Cahoon	Osborn Park
1985	23-10.75	Robert Majors	William Fleming
1984	23-4	Therone Davis	Highland Springs

1983	23-10	Walter Lanier	Jefferson-Huguenot-Wythe	1978	6-6	Dale Davis	Hampton
1982	22-5.5	John Ragulas	Menchville	1977	6-6.25	Jack Reese	Edison
1981	N/A			1976	N/A	William Lowry	Kempsville
1980	22-11.75	Greg Byers	Albemarle	1975	6-8	Brett Eppert	Mount Vernon
1979	23-5	Cornelius Cousins	Hermitage	1974	6-6	Ken Poindexter	Franklin County
1978	23-10.75	Darryl Smith	Denbigh	1973	6-4	Carl Neal	Wakefield
1977	23-0	Joey Smith	Denbigh	1972	6-5.75	Bruce Whitehouse	West Springfield
1976	22-11	Curtis Stanfield	Thomas Edison	1971	6-4	Phil McGuire	Albemarle
1975	23-4.5	Tony Easley	William Fleming	1970	6-2	Steve Wirt	William Fleming
1974	22-1.5	James Gardner	Albemarle	1969	6-3	Willie Wiggins	Carver
1973	22-8.5	Vernon Raberry	John Marshall	1968	6-1.75	Ray Almond	James Wood
1972	22-9.75	Jackie Smith	Menchville	1967	6-4	Reggie Sommers	Wakefield
1971	23-8	Aaron Heard	Norview	1966	6-3.25	Reggie Sommers	Wakefield
1970	22-4	Gerry Gaines	Western Branch	1965	6-2.5	Dave Smith	Douglas Freeman
1969	23-0.75	Doug Dickinson	Newport News	1964	5-10.75	Dave Smith	Douglas Freeman
1968	21-6	Warner Eberly	Varina	1963	6-0.25	Bill Klinksiek	Wakefield
1967	23-0.25	Doug Dickinson	Newport News	1962	5-11	George Kahle	Newport News
1966	21-7	Doug Dickinson	Newport News	1961	5-11	Vann Wilder	Wakefield
1965	22-2.75	Bill Kibler	Princess Anne	1960	6-3	Jerry Bitts	Thomas Jefferson
1964	22-1.5	Fred Anspach	Newport News	1959	6-0	Jerry Bitt	Thomas Jefferson
1963	21-3	Greg Wheeler	Washington-Lee	1958	6-1.5	Wayne Tallaferro	Andrew Lewis
1962	20-10	George Kahle	Newport News				

High Jump

2012	6-10	Nick Simmons	J.R. Tucker
2011	6-07	Joey Muzzio	James Robinson
2010	6-08	Justin Hunter	Ocean Lakes
2009	6-07	Justin Hunter	Ocean Lakes
2008	6-10	Chris Copeland	Lakeland
2007	6-08.00	Chris Copeland	Lakeland
2006	6-09	Marlon Woods	Booker T. Washington
2005	6-06	Raphael Hall	Deep Creek
2004	6-8	Jerome Miller	Colonial Forge
2003	6-8	Jerome Miller	Colonial Forge
2002	7-0.25	Keith Moffatt	Menchville
2001	6-10	Quentin Matthews	Deep Creek
2000	6-9	Chris Smith	Culpeper
1999	6-8.25	Phillip McKay	E.C. Glass
1998	6-7	Phillip McKay	E.C. Glass
1997	6-7	David Randolph	Monacan
1996	6-8	Nathaniel Clopton	Denbigh
1995	6-8	Doug Humphrey	West Springfield
1994	6-8	Bill Trice	Hayfield
1993	6-10	Jamal Green	First Colonial
1992	7-0	Jamel Green	First Colonial
1991	6-6	John Feeney	Stafford
1990	6-8	Donald Robinson	John Marshall
1989	6-10	Donald Robinson	John Marshall
1988	6-9	Larry Moore	Kempsville
1987	6-4	Archie Christian	E.C. Glass
1986	6-10	David Daigler	Oakton
1985	6-9	Jarred Swann	E.C. Glass
1984	6-6	Charles Boyer	Gar-Field
1983	6-8	Keith Young	Jefferson-Huguenot-Wythe
1982	6-8	Mike Turner	Lake Braddock
1981	N/A		
1980	6-10	Greg Byers	Albemarle
1979	6-6	Scott Landers	W.T Woodson

Triple Jump

2012	47-05-50	Anaquan Peterson	Lakeland
2011	49-05.50	Allen Bordley	First Colonial
2010	47-02.50	Tony Green	Patrick Henry-Ashland
2009	50-01.00	David Wilson	George Washington
2008	48-09.25	David Wilson	George Washington
2007	48-00.75	Marcus Robinson	J.R. Tucker
2006	47-04.50	Juston Duncan	James Madison
2005	48-2.50	Percy Harvin	Landstown
2004	45-11	Jerome Miller	Colonial Forge
2003	46-3.50	John Bailey	Colonial Heights
2002	46-1	Reynold Smith	Forest Park
2001	48-8.75	Alonzo Moore	Phoebus
2000	47-4.25	Frank Tolen	Stonewall Jackson
1999	47-1.25	Godwin Mbagwu	Petersburg
1998	48-5	Emmett Johnson	Western Branch
1997	48-11.25	Jamin Elliott	Churchland
1996	47-9.25	Andre Hunt	Heritage
1995	47-5.25	Cleveland McClory	West Potomac
1994	46-11	Cleveland McClory	West Potomac
1993	47-6	Sean Archer	Thomas Jefferson S&T
1992	49-8.25	Curtis Anderson	E.C. Glass
1991	48-2	Curtis Anderson	E.C. Glass
1990	48-6.25	Ryan Harris	Highland Springs
1989	48-8.25	John Holly	Mount Vernon
1988	50-9	Larry Moore	Kempsville
1987	50-4	Cornell Grayson	West Potomac
1986	49-6.25	Matt Darby	Green Run
1985	47-3.75	Mark Darby	Green Run
1984	47-1.5	Jeremy Worrell	J.E.B. Stuart
1983	50-9	Roger Bennett	Gar-Field
1982	50-4	Roger Bennett	Fairfax
1981	N/A		
1980	48-0.25	Jon Gates	George Marshall
1979	48-2	Greg Byers	Albemarle
1978	45-9.25	Greg Byers	Albemarle
1977	49-11.5	Darryl Smith	Denbigh

1976	47-4.5	Lloyd Burruss	Charlottesville	1965	13-7.25	Dave Cutler	Newport News
1975	48-1.5	James Gardner	Albemarle	1964	12-6	Harry Barrett	Newport News
1974	47-4.25	Tony Easley	William Fleming	1963	12-9.25	Terry Gallagher	Princess Anne
1973	47-3.25	Charles Robinson	William Fleming	1962	12-0	John Edwards	Patrick Henry - Roanoke
1972	46-7.25	Charles Robinson	William Fleming	1961	13-0	John McCormick	Newport News
1971	47-6	Gerry Gaines	Western Branch	1960	11-6	Farwell	Washington-Lee
1970	47-6	Jerry Gaines	Western Branch		11-6	Starke	Granby
1969	49-6.5	Doug Dickinson	Newport News		11-6	Paul Montgomery	Warwick
1968	48-3.75	Doug Dickinson	Newport News	1959	12-1	Pat Powers	Andrew Lewis
1967	45-3	Doug Dickinson	Newport News				
Pole Vault				55m Hurdles			
2012	15-03	Brad Johnson	Floyd E. Kellam	2012	7.32	Trey Holloway	Grassfield
2011	16-00	Chris Pillow	Atlee	2011	7.21	Daniel McFadden	Heritage-Newport News
2010	14-09	Eric Zwarycz	Mills Godwin	2010	7.53	DreQuan Hoskey	Henrico
2009	15-03	Allen Kelly	King's Fork	2009	7.32	Jeffrey Artis	Western Branch
2008	15-06	Daniel Inge	E.C. Glass	2008	7.35	Kevin Newsome	Western Branch
2007	14-00	Daniel Inge	E.C. Glass	2007	7.41	Adam Abdulrazaaq	Highland Springs
2006	17-00.50	Michael Morrison	Great Bridge	2006	7.31	Chris Bell	Granby
2005	15-09	Michael Morrison	Great Bridge	2005	7.35	B.J. Revis	Douglas Freeman
2004	15-6	Daniel Magness	Great Bridge	2004	7.57	Melvin Edison	Hermitage
2003	15-4	Brian Webb	Great Bridge	2003	7.38	Terry Thornton	Petersburg
2002	15-6	David Sullivan	Centreville	2002	7.35	Esteban Guzman	Nansemond River
2001	15-3	Mark Kupets	Centreville	2001	7.36	B.J. Hancock	E.C. Glass
2000	14-0	Jimmy Tran	Great Bridge	2000	7.28	Ricky Harris	Centreville
1999	14-0	Phillip Agee	Brooke Point	1999	7.21	Ricky Harris	Centreville
1998	13-6	Cory Smith	Mt. Vernon	1998	7.43	Dontae Bugg	Heritage
1997	15-0	Brian Hunter	Great Bridge	1997	7.48	Grant Pedro	Albemarle
1996	14-0	Mike Swanson	Lake Braddock	1996	7.59	Kevin Crettendon	Dinwiddie
1995	14-6	Bobby Wilson	Menchville	1995	7.38	Dawan Wallace	Mount Vernon
1994	14-6	Nhoj Snekcim	Chantilly	1994	7.42	Charles Reid	Salem
1993	14-6	Nhoj Snekeim	Chantilly	1993	7.24	Ronde Barber	Cave Spring
1992	16-1	Lawrence Johnson	Great Bridge		7.24	Doug Haynesworth	Potomac
1991	15-3	Thomas Cooke	James Wood	1992	7.48	Tiki Barber	Cave Spring
1990	13-9	Stuart Cheppard	Bayside	1991	7.46	Andrew Womack	G.W. Danville
1989	14-0	Kevin Brown	Henrico	1990	7.50	Dennis Toole	Garfield
1988	13-9	Doug Richards	Madison	1989	7.46	Allen Johnson	Lake Braddock
1987	14-6	Mike Hoods	Bayside	1988	7.40	Larry Moore	Kempsville
1986	14-6	Chris Lockett	Woodbridge	1987	7.58	Terry McIlwain	Robinson
1985	14-0	Chris Lockett	Woodbridge	1986	7.50	Kenneth Jefferson	Bethel
1984	13-6	Steven Ivory	Albemarle	1985	7.32	Lonnie Hill	Menchville
1983	15-0	Keith Young	Jefferson-Huguenot-Wythe	1984	7.10	Pat Mann	Gar-Field
1982	14-3	Keith Young	Jefferson-Huguenot-Wythe	1983	7.30	Calvin Holmes	Denbigh
1981	N/A			1982	7.30	Robert Wilks	Bethel
1980	15-2	Danny Thompson	Patrick Henry	1981	N/A		
1979	14-9.5	Danny Thompson	Patrick Henry	1980	7.20	Eric Perry	Menchville
1978	14-0	Troy Nieves	Oakton	1979	7.10	Eric Perry	Menchville
1977	13-6	Gene Moore	Denbigh	60yd High Hurdles			
1976	13-9	Tim Johnson	Midlothian	1978	7.44	Antoine Holloman	Princess Anne
1975	13-0	Scott Blackwell	Hermitage	1977	7.20	David Dixon	Ferguson
1974	14-2	Bob Gray	Herndon	1976	7.20	Alvin Taylor	Warwick
1973	13-9	Robert Andrews	Henrico	1975	7.30	Steve Darcus	Albemarle
1972	13-3	Kevin Myers	Herndon	1974	7.50	Karl Williams	George Wythe
1971	14-0	Kevin Myers	Herndon	1973	7.20	John Johnson	T.C. Williams
1970	13-0	Carter Crafford	Denbigh	1972	7.70	Jerry Inge	Kempsville
1969	13-6	Bob Lewis	Norview	1971	7.50	Jerome Belin	Maury
1968	13-3	Jim Green	Parry McCluer	1970	7.60	Mike Taliaferro	Denbigh
1967	13-0	Dave Cutler	Newport News	1969	7.40	Doug Dickinson	Newport News
1966	14-7	Dave Cutler	Newport News	1968	7.50	Doug Dickinson	Newport News

1967	7.70	Lewis Williams	Wakefield
1966	7.70	Al Kent	Douglas Freeman
1965	7.60	Lee Abrahamson	Ferguson
60yd Low Hurdles			
1972	7.00	Jackie Smith	Menchville
1971	7.20	Page Thompson	Thomas Edison
1970	7.00	Kent Merritt	Lane
1969	7.10	Doug Dickinson	Newport News
1968	7.50	Larry Nuckels	Lexington
1967	7.40	Jim Cutler	Newport News
1966	7.20	Frank Roberson	Great Bridge
	7.20	Tom Daniel	Wakefield
1965	7.20	Lee Abrahamson	Ferguson
1964	8.0	Bill McGlaughon	Churcland
1963	7.80	Dan Darby	Hammond
1962	8.0	Mike Crouch	Craddock
70yd Low Hurdles			
1961	7.9	Earl Pegram	Washington-Lee
1960	9.0	Earl Pegram	Washington-Lee
1959	8.8	Earl Pegram	Washington-Lee
70yd High Hurdles			
1964	8.8	Gary Gletcher	Washington-Lee
1963	8.5	Dave Lewis	Douglas Freeman
1962	8.9	Mike Crouch	Craddock
1961	8.6	Robert Price	Newport News
1960	8.0	Willard Strickland	Hermitage
1959	7.9	Craig Zimmerman	Hampton
1958	8.7	Donald Snead	Warwick
1957	8.7	Steve O'Connell	Washington-Lee
1956	9.1	Donald Fite	Granby
1955	8.7	James Starboard	Newport News
1954	7.9	Russell King	Washington-Lee
55m Dash			
2012	6.37	Mustaqeem Williams	Forest Park
2011	6.30	Majique Key	Woodside
2010	6.30	Darrell Wesh	Landstown
2009	6.26	James Taylor	Nansemond River
2008	6.35	Torry Womack	Western Branch
2007	6.36	Isiah Gyasi	I.C. Norcom
2006	6.41	Charles Clark	Bayside
2005	6.36	Dennis Boone	Thomas Dale
2004	6.39	Lashawn Merritt	Woodrow Wilson
2003	6.32	Joe Robinson	Potomac
2002	6.33	Michael Johnson	Heritage - Virginia Beach
2001	6.42	Jerome Mathis	Petersburg
2000	6.45	Jerome Mathis	Petersburg
1999	6.35	Mike Newell	Potomac
1998	6.31	James Hickenbotham	Patrick Henry - Roanoke
1997	6.28	Mike Newell	Potomac
1996	6.46	Kwarteng Adu-Gyamfi	Herndon
1995	6.39	Jamie Price	Patrick Henry - Roanoke
1994	6.41	Benjamin Singleton	John F. Kennedy
1993	6.39	Christopher Edmund	Churchland
1992	6.43	Mustapha Jinadu	Thomas Jefferson - Richmond

1991	6.29	Tyrone Turpin	Heritage
1990	6.35	Jerry Jerman	Huguenot
1989	6.42	Tyrone Turpin	Heritage
1988	6.46	Damon Desue	Kempsville
1987	6.43	Andre Cason	Green Run
1986	6.24	Andre Cason	Green Run
1985	6.27	Andre Cason	Green Run
1984	6.20	Herbert Skinner	Bayside
1983	6.10	Martin Smith	Jefferson-Huguenot-Wythe
1982	6.40	Ernest Brunson	Herndon
1981	N/A		
1980	6.20	Curtis Riddick	First Colonial
1979	6.10	Curtis Riddick	First Colonial

60yd Dash

1978	6.25	Eric Brown	Bethel
1977	6.0	Jessee Williams	Princess Anne
1976	6.30	Mike Williams	Patrick Henry - Roanoke
1975	6.30	Ronnie Harris	Albemarle
1974	6.30	Bob Franklin	Fleming
1973	6.30	Leon Williams	Lake Taylor
1972	6.30	Barney Cobb	John Marshall
1971		Milton Reid	Booker T. Washington
1970	6.10	Kent Merritt	Lane
1969	6.40	Varon Rollins	Wilson
1968	6.40	Roscoe Montague	Stafford
1967	6.50	Dave Cutler	Newport News
1966	6.20	Frank Roberson	Great Bridge
	6.20	Tom Daniel	Wakefield
1965	6.50	Bill Schroding	Newport News
1964	6.40	Ron Spruill	Northview
1963	6.40	Steve Harlow	McLean
1962	6.40	Tim McGinnis	Manchester
1961	6.5	Charles Elswick	Granby
1960	6.40	Ron Etheridge	Granby
1959	6.3	Ron Etheridge	Granby

300m Dash

2012	34.08	Michael Cherry	Oscar Smith
2011	35.18	Mohamed Labor-Koroma	Chantilly
2010	34.44	Darrell Wesh	Landstown
2009	34.07	James Taylor	Nansemond River
2008	34.59	Javell Bullard	Bethel
2007	34.07	Sean Holston	R.E. Lee, Springfield
2006	33.94	Sean Holston	R.E. Lee, Springfield
2005	34.70	Quentin Moore	Deep Creek
2004	34.56	Lashawn Merritt	Woodrow Wilson
2003	35.28	John Hyman	Deep Creek
2002	34.54	DeAndre Hyman	Deep Creek
2001	34.05	Brian Ford	Atlee
2000	33.85	Ricky Harris	Centreville
1999	34.98	Ricky Harris	Centreville
1998	35.07	Devin Knight	Lakeland
1997	35.33	Falanzo Perry	Tallwood
1996	35.55	Ian Blackwood	Menchville
1995	35.44	Gregory Boothe	Churchland
1994	35.03	Bill Trice	Hayfield
1993	33.78	Anthony Wheeler	Kecoughtan
1992	34.44	Brad Meade	Centreville

1991	34.93	Tyrone Turpin	Heritage	1986	1:05.65	Mark Rainey	Bethel
1990	34.59	Tyrone Turpin	Heritage	1985	1:04.88	Michael Wooten	Bethel
1989	34.45	Tyrone Turpin	Heritage	1984	1:03.80	Ronald Coleman	Denbigh
1988	33.99	Kelly Wooden	Warrick	1983	1:04.00	Robbie Grant	Petersburg
1987	34.79	David Green	West Potomac	1982	1:05.40	Ronald Coleman	Denbigh
1986	34.65	Keith Thomas	Osborn Park	1981	N/A		
1985	36.19	Donald Richards	Jefferson-Huguenot-Wythe	1980	1:06.80	Elton Brown	Ferguson
1984	34.40	Ronald Coleman	Denbigh	1979	1:05.70	Willie Smith	Warwick
1983	34.70	Trevin Robinson	Marshall-Walker				
1982	35.40	Ronald Coleman	Denbigh	500yd Dash			
1981	N/A			1974	58.90	Rob Harris	Albemarle
1980	34.70	Melvin Gray	Lafayette	1971	59.50	Curtis Coffee	First Colonial
1979	35.30	Mark Mial	Fort Hunt	1970	59.30	Millard Bolden	William Fleming
				1969	1:06.00	John Carter	Maggie Walker
300yd Dash				1968	1:02.1	Gary Entsminger	Lexington
1978	32.50	Mark Mial	Fort Hunt	1967	59.50	John Morris	E.C. Glass
1977	32.50	Eric Brown	Bethel	1966	1:00.80	John Morris	E.C. Glass
1976	32.00	Darryl Patterson	Bethel	1965	1:00.7	Bob Seymore	Douglas Freeman
	23.00	David Bryant	T.C. Williams	1964	1:01.1	Warren Lowry	Annandale
1975	31.70	Derwin Harrison	Ferguson				
				600yd Dash			
330yd Dash				1978	1:14.5	Willie Smith	Warwick
1974	35.90	Walter Key	Menchville	1977	1:13.5	Mike Ricks	Menchville
1973	35.20	William Becker	Menchville	1976	1:12.9	Clifton Perry	Menchville
				1975	1:11.9	Clifton Perry	Menchville
440yd Dash							
1963	53.4	Robert Elkins	Washington-Lee	880yd Dash			
1962	54.1	Cecil Armstrong	Northview	1974	1:57.2	John Diamantes	Lee
1961	54.6	Bob Mayer	Wakefield	1973	1:58.2	Frankie Watts	Menchville
1960	53.2	Gene Duncan	Newport News	1972	1:56.9	James Vogt	Stonewall Jackson
1959	54.8	Gene Duncan	Newport News	1971	1:33.6	Reggie Clark	Denbigh
1958	53.5	Noah Perry	Andrew Lewis	1970	1:59.0	Haynes Lund	George Wythe
				1969	2:01.2	Horace Hawkins	Cradock
500m Dash				1968	1:55.0	John Averett	E.C. Glass
2012	1:04.44	Michael Cherry	Oscar Smith	1967	2:00.4	Vincent Little	Maury
2011	1:04.39	Marques Atkinson	Atlee	1966	2:01.2	Gerald Evanson	Maury
2010	1:05.85	Cameron Bolton	Landstown	1965	2:02.9	Dean Bahun	Great Bridge
2009	1:05.14	James Taylor	Nansemond River	1964	2:01.4	Steve Lyon	Washington-Lee
2008	1:04.10	Javell Bullard	Bethel	1963	2:05.8	Steve Harrell	Wilson
2007	1:04.61	Javanti Sparrow	Western Branch	1962	2:01.8	Jimmy Johnson	Norview
2006	1:03.99	Carlton Phipps	E.C. Glass	1961	2:06.6	Duncan Higgins	Washington-Lee
2005	1:05.67	Quentin Moore	Deep Creek	1960	2:03.3	E. Ball	Wakefield
2004	1:04.09	Lashawn Merritt	Woodrow Wilson	1959	2:03.3	John Irby	Douglas Freeman
2003	1:04.09	Derron Flood	Deep Creek	1958	2:06.7	David Peltz	Newport News
2002	1:03.84	Quentin Bowens	Heritage - Virginia Beach	1957	2:07.1	Joseph Grammer	Wakefield
2001	1:03.76	Frank Francois	Lake Braddock	1956	2:10.7	Larry Williams	Wilson
2000	1:04.82	Cy Williams	Oscar Smith	1955	2:06.5	Clark	Newport News
1999	1:04.29	Garrick Copes	Hayfield				
1998	1:05.09	Kinwayne Holford	T.C. Williams	1000m Run			
1997	1:05.57	Louis Booker	Patrick Henry - Roanoke	2012	2:26.44	Ahmed Bile	Annandale
1996	1:05.43	Louis Booker	Patrick Henry - Roanoke	2011	2:28.14	Ahmed Bile	Annandale
1995	1:05.62	Shaun Ricks	Menchville	2010	2:30.20	Anthony Kostelac	Albemarle
1994	1:04.49	Bill Trice	Hayfield	2009	2:30.51	Anthony Kostelac	Albemarle
1993	1:04.55	Carlos Samuels	T.C. Williams	2008	2:31.15	Matthew Anderson	Westfield
1992	1:03.70	Darryl Gaines	Highland Springs	2007	2:31.05	Chris Tyson	Washington-Lee
1991	1:05.80	Steve Masten	Woodbridge	2006	2:33.24	Taylor Bostick	Jefferson
1990	1:05.03	Jessee Gipson	T.C. Williams	2005	2:31.23	Abraham Dagnachew	Herndon
1989	1:05.88	Lynn Chisholm	Denbigh	2004	2:29.82	David Groff	Westfield
1988	1:03.01	Kelly Wooden	Warrick	2003	2:28.45	Alex Tatu	Thomas Dale
1987	1:03.48	Roger Hill	Green Hill				

2002	2:30.42	Richard Smith	South Lakes	1986	4:20.39	Mike Anthony	Lake Braddock
2001	2:23.68	Alan Webb	South Lakes	1985	4:20.59	Mike Anthony	Lake Braddock
2000	2:30.05	James Small	McLean	1984	4:19.50	Gary Thomas	E.C. Glass
1999	2:31.79	Casey Reardon	West Potomac	1983	4:20.20	Michael Davila	Langley
1998	2:36.45	Jason Jones	Menchville	1982	4:21.00	Bernard Thomas	E.C. Glass
1997	2:28.80	Sharif Karie	West Springfield	1981	N/A		
1996	2:28.36	Sharif Karie	West Springfield	1980	4:16.30	Cullen Mattox	Jefferson-Huguenot-Wythe
1995	2:32.53	Warren Williams	Chantilly	1979	4:16.90	Ricky Garcia	T.C. Williams
1994	2:29.64	Robbie Pierce	Lee				
1993	2:29.89	Jon Hunt	Princess Anne				
1992	2:32.96	Jon Hunt	Princess Anne				
1991	2:33.08	Steve Johnson	Menchville				
1990	2:31.60	Ibrahim Aden	W.T. Woodson				
1989	2:34.33	Anthony Anconetani	Robinson				
1988	2:30.82	Rodney Smith	E.C. Glass				
1987	2:30.26	Claude Gibson	Annandale				
1986	2:35.43	Tim Martin	West Springfield				
1985	2:32.34	James Walker	Lafayette				
1984	N/A	Tyrone Tucker	Menchville				
1983	2:33.10	Michael Davila	Langley				
1982	2:33.80	Edward Thornton	Menchville				
1981	N/A						
1980	2:32.60	Cullen Mattox	Jefferson-Huguenot-Wythe				
1979	2:29.20	Cullen Mattox	Thomas Jefferson - Richmond				

1000yd Run

1978	2:18.7	Dennis Garcia	Wakefield
1977	2:16.8	Richard Sale	Osborn Park
1976	2:15.0	Ronald Brown	Bethel
1975	2:15.9	Ronald Brown	Bethel

1600m Run

2012	4:15.48	Logan Miller	Chantilly
2011	4:13.22	Cody Snyder	Lee-Davis
2010	4:18.28	Anthony Kostelac	Albemarle
2009	4:09.31	Bobby Peavey	Floyd Kellam
2008	4:15.53	Joe LoRusso	Oakton
2007	4:21.63	Mike Spooner	West Springfield
2006	4:20.80	Alex Bowman	Hermitage
2005	4:16.50	Micheal Chapa	J.R. Tucker
2004	4:18.07	Daniel Howard	Maggie Walker
2003	4:23.80	Alex Tatu	Thomas Dale
2002	4:13.46	Alex Tatu	Thomas Dale
2001	4:12.11	Alan Webb	South Lakes
2000	4:23.10	Jason Lewis	Potomac
1999	4:18.31	Alan Webb	South Lakes
1998	4:13.55	Pat Conway	West Springfield
1997	4:13.52	Sharif Karie	West Springfield
1996	4:21.75	Sharif Karie	West Springfield
1995	4:14.68	Seneca Lassiter	Lafayette
1994	4:15.75	Seneca Lassiter	Lafayette
1993	4:18.42	Jim Cooling	Chantilly
1992	4:26.71	Aaron Hargield	Great Bridge
1991	4:21.52	James Porter	T.C. Williams
1990	4:24.93	David Presnell	Garfield
1989	4:19.84	Willis Shen	T.C. Williams
1988	4:19.60	David Smith	Lake Braddock
1987	4:19.40	Barry Maroney	Monacan

90 - VHSL Record Book

1986	4:20.39	Mike Anthony	Lake Braddock
1985	4:20.59	Mike Anthony	Lake Braddock
1984	4:19.50	Gary Thomas	E.C. Glass
1983	4:20.20	Michael Davila	Langley
1982	4:21.00	Bernard Thomas	E.C. Glass
1981	N/A		
1980	4:16.30	Cullen Mattox	Jefferson-Huguenot-Wythe
1979	4:16.90	Ricky Garcia	T.C. Williams

Mile Run

1978	4:22.30	Tim Colas	Osborn Park
1977	4:19.60	Matt Smith	Fort Hunt
1976	4:21.60	John Henry	Woodbridge
1975	4:16.60	George Watts	Thomas Edison
1974	4:13.90	Mike Ellington	Ferguson
1973	4:20.60	Richard Schwartz	E.C. Glass
1972	4:20.10	Murray Collins	Kecoughtan
1971	4:18.10	Murray Collins	Kecoughtan
1970	4:27.70	John Van Dyke	Ferguson
1969	3:30.00	Horace Hawkins	Cradock
1968	4:35.60	Pete Jensen	Stafford
1967	4:29.70	Tom Timberlake	Newport News
1966	4:33.4	Fred Guest	J.R. Tucker
1965	4:32.90	Pete Egan	Hammond
1964	4:37.00	Steve Lyon	Washington-Lee
1963	4:40.60	Steve Lyon	Washington-Lee
1962	4:37.00	James Johnson	Norview
1961	4:46.70	Ronald Taylor	Hammond
1960	4:40.5	Melvin Woodcock	Manchester
1959	4:42.8	John Garten	George Washington-Alexand.

3200m Run

2012	9:15.37	Adam Visokay	Albemarle
2011	9:17.69	Silas Frantz	Douglas Freeman
2010	9:15.67	Yazid Zouaimia	Centreville
2009	9:09.01	Thomas Porter	Mountain View
2008	9:22.65	Ben Dejarnette	Atlee
2007	9:15.40	Jason Witt	Midlothian
2006	9:20.63	Mike Spooner	West Springfield
2005	9:22.28	Andrew Midland	Ocean Lakes
2004	9:06.13	Hari Mix	Albemarle
2003	9:22.84	Keith Bechtol	Jefferson
2002	8:59.57	Matt Keally	Ocean Lakes
2001	9:15.20	Matt Maline	Oakton
2000	8:59.86	Alan Webb	South Lakes
1999	9:25.67	Alan Webb	South Lakes
1998	9:35.10	Pat Conway	West Springfield
1997	9:11.61	Eric Kweder	Thomas Edison
1996	9:21.32	Eric Kweder	Thomas Edison
1995	9:21.07	Sharif Karie	West Springfield
1994	9:30.63	Seneca Lassiter	Lafayette
1993	9:37.58	Mark Miller	West Springfield
1992	9:29.10	Marshall Ferguson	Albemarle
1991	9:23.46	Tony Sawyer	Denbigh
1990	9:27.23	Jeff Greene	Clover Hill
1989	9:26.66	Willis Shen	T.C. Williams
1988	9:32.60	Andre Williams	Armstrong
1987	9:23.33	Danny Ireland	Woodbridge
1986	9:27.10	Desmond Proctor	J.R. Tucker

1985	9:22.77	David Ryan	Kwmpsville
1984	9:35.40	Jeff Slater	Monacan
1983	9:28.10	Mark Brezinski	Langley
1982	9:25.30	Richard Clark	Kempsville
1981	N/A		
1980	9:26.80	Dwight Stephens	T.C. Williams
1979	9:09.20	Jim Hill	Oakton

2 Mile Run

1978	9:22.60	Chuck Wimberly	Thomas Edison
1977	9:23.20	Chuck Wimberly	Thomas Edison
1976	9:18.60	Pete Tatro	Fort Hunt
1975	9:19.50	George Watts	Thomas Edison
1974	9:23.60	George Watts	Thomas Edison
1973	9:26.1	Mike Fields	Menchville
1972	9:36.60	Richard Schwartz	E.C. Glass
1971	9:38.0	Pete Meroitt	Thomas Edison
1970	9:28.10	Scott Eden	Douglas Freeman
1969	9:47.60	Nathan Boettcher	Lee-Davis
1968	9:50.90	Nathan Boettcher	Lee-Davis
1967	9:40.90	Fred Guest	J.R. Tucker

800m Relay (4x200)

2012	1:30.16	Western Branch
2011	1:30.67	Indian River
2010	1:31.28	Bethel
2009	1:32.01	Grassfield
2008	1:31.15	Nansemond River
2007	1:30.18	I.C. Norcom
2006	1:31.42	Indian River
2005	1:31.23	Western Branch
2004	1:32.35	Petersburg
2003	1:31.02	Bayside
2002	1:29.70	Deep Creek
2001	1:31.31	Petersburg
2000	1:31.10	West Potomac
1999	1:31.24	Deep Creek
1998	1:32.34	Menchville
1997	1:30.38	Patrick Henry - Roanoke
1996	1:30.77	Menchville
1995	1:32.00	Deep Creek
1994	1:31.06	Deep Creek
1993	1:30.18	T.C. Williams
1992	1:31.09	T.C. Williams
1991	1:29.86	Heritage
1990	1:30.95	William Fleming
1989	1:31.30	T.C. Williams
1988	1:30.71	Bayside
1987	1:30.63	Bayside
1986	1:29.80	Lake Braddock
1985	1:30.83	Bethel
1984	1:31.50	William Fleming
1983	1:31.50	Menchville
1982	1:31.60	Bethel
1981	N/A	
1980	1:32.90	First Colonial
1979	1:32.30	T.C. Williams
	1:32.30	Gar-Field

880yd Relay

1978	1:43.6	Menchville
1977	1:41.5	Bethel
1976	1:33.40	Bethel
1975	1:35.1	Ferguson
1974	1:34.5	Ferguson
1973	1:33.70	Bethel
1972	1:36.5	Ferguson
1971	1:33.60	Denbigh
1970	1:34.00	William Fleming
1969	1:36.90	Norview
1968	1:38.60	Stafford
1967	1:38.40	Newport News
1966	1:38.90	Great Bridge
1965	1:37.40	Newport News
1964	1:38.7	Maury
1963	1:38.6	Newport News
1962	1:38.00	Newport News
1961	1:38.9	Warwick
1960	1:38.5	Wakefield (J. Ball, Mayer, Hayes, Arenson)
1959	1:39.5	Jefferson Sr. (Clark, Blackwood, Wilson, Bushong)
1958	1:39.5	Andrew Lewis
1957	1:39.0	Wakefield

1600m Relay (4x400)

2012	3:23.76	Westfield
2011	3:24.51	Atlee
2010	3:26.21	Booker T. Washington
2009	3:25.18	Western Branch
2008	3:32.82	Potomac
2007	3:21.40	Deep Creek
2006	3:24.35	Huguenot
2005	3:26.51	T.C. Williams
2004	3:21.62	Westfield
2003	3:23.24	Lake Braddock
2002	3:23.75	Landstown
2001	3:22.56	Lake Braddock
2000	3:25.22	Heritage - Virginia Beach
1999	3:24.02	C.D. Hylton
1998	3:23.10	Heritage
1997	3:23.38	Hayfield
1996	3:24.56	Hampton
1995	3:19.69	Hampton
1994	3:25.16	Manchester
1993	3:23.30	T.C. Williams
1992	3:27.57	T.C. Williams
1991	3:27.83	Menchville
1990	3:27.28	E.C. Glass
1989	3:28.50	Herndon
1988	3:24.50	Warwick
1987	3:24.91	Lake Braddock
1986	3:24.35	Lake Braddock
1985	3:21.10	Bethel
1984	3:23.40	Bethel
1983	3:23.50	Menchville
1982	3:24.50	Menchville
1981	N/A	
1980	3:24.20	Menchville

1979	3:25.80	Warwick
Mile Relay		
1978	3:30.40	Hampton
1977	3:30.90	Bethel
1976	3:29.4	Menchville
1975	3:29.90	Menchville
1974	3:29.5	Ferguson-Pope/Pittman/Johnston/Green
1973	3:29.70	Bethel
1972	3:31.0	Stonewall Jackson
1971	3:27.5	Huntington
1970	3:28.60	George Wythe
1969	3:33.50	Maggie Walker
1968	3:30.9	E.C. Glass
1967	3:35.5	Maury
1966	3:37.6	Washington-Lee
1965	3:33.60	Newport News
1964	3:40.2	Hammond
1963	3:38.8	Newport News
1962	3:36.60	Newport News
1961	3:42.2	Newport News
1960	3:41.6	Newport News (Hall, Blakemore, Dick, Duncan)
1959	3:44.4	Washington-Lee (Massie, Randolph, Whitener, Foreman)
1958	3:39.7	Andrew Lewis
1957	3:46.9	Granby
1956	4:42.3	Granby

3200m Relay (4x800)

2012	7:53.75	Westfield
2011	7:53.20	Atlee
2010	7:58.66	Atlee
2009	7:44.70	Albemarle
2008	8:00.12	Thomas Edison
2007	7:59.16	Forest Park
2006	7:59.84	James W. Robinson
2005	7:59.82	Herndon
2004	7:48.63	Westfield
2003	7:51.96	West Springfield
2002	8:00.48	South Lakes
2001	8:00.78	South Lakes
2000	7:59.34	Lake Braddock
1999	7:55.78	T.C. Williams
1998	8:01.72	Lake Braddock
1997	7:57.89	West Springfield
1996	8:01.83	West Springfield
1995	7:58.02	Clover Hill
1994	8:01.31	James Madison
1993	8:04.41	West Springfield
1992	8:07.98	Princess Anne
1991	8:06.52	Lafayette
1990	8:11.09	Madison
1989	8:06.36	Woodbridge

Individual Champions

AA

Shot Put

2012	54-08.50	Ethan Callison	Fort Defiance
------	----------	----------------	---------------

92 - VHSL Record Book

2011	50-09.25	Oakley Hill	Fort Defiance
2010	52-08.50	Steven Allen	Charlottesville
2009	50-09	Sam Johnson	Courtland
2008	56-11.25	Justin Smith	Turner Ashby
2007	54-00	Justin Smith	Turner Ashby
2006	55-06.25	Jarrod Burton	Tazewell
2005	53-08.75	Jordan Purvis	Waynesboro
2004	54-06.25	Nathan Turner	Spotswood
2003	50-1.50	John Hall	Heritage
2002	52-9	Bryant Garrett	Staunton River
2001	54-11	Roy Hubbard	William Campbell
2000	51-3.75	Willie Walker	Greensville County
1999	50-0.75	Allyn Smith	Altavista
1981	56-0	Milton Franklin	Virginia
1980	55-2	John Blackwell	Waynesboro
1979	54-7	Antone Stewart	Virginia
1978	54-0.5	Tony Edwards	Brookville
1977	N/A		
1976	N/A	Charles Thompson	Nelson County
1975	61-5.25	Ross Schaffstall	Brookville
1974	55-5.25	Ron Ragland	Nelson County

Long Jump

2012	22-04.50	Donmanique Hardy	Brunswick
2011	21-09	Marquis Childress	Smithfield
2010	22-07	Dequan Reeves	Heritage
2009	22-00.50	Corrin Harris	Louisa County
2008	22-03	Steven Harris	Nottoway
2007	22-07.50	Ashante Hayes	Brunswick Sr.
2006	23-00.50	Wayne Ferguson	Heritage
2005	22-10.75	Daryl Jones	Prince Edward
2004	23-00	Hubert King	Caroline
2003	22-4	Tim Jackson	Courtland
2002	22-4	Sintell Crew	Lafayette
2001	22-2	T.J. Tamagni	Lord Botetourt
2000	22-0.75	Jamie Mosley	Appomatox County
1999	22-8.25	David Clark	Massaponax
1980	22-7.25	Phil Vassar	Brookville
1979	22-4	Rufus Battle	Fieldale-Collinsville
1978	21-2.25	Mauri Anderson	Rustburg
1977	N/A		
1976	N/A	Robert Brown	Robert E. Lee
1975	N/A		
1974	N/A		

High Jump

2012	6-07	Isaac Robinson	Monticello
2011	6-06	Travis Hudson	Chrisitansburg
2010	6-09	Travis Hudson	Christiansburg
2009	6-07	Travis Hudson	Christiansburg
2008	6-06	Ethan Nixon	Brookville
2007	6-05	Daniel Sitton	Grafton
2006	6-04	Jeremy Snyder	Riverbend
2005	6-06	Dak-Taylor-Watson	Lafayette
2004	6-3	Josh Thompson	John Handley
2003	6-8	Adam Linkenauger	Lord Botetourt
2002	6-2	Justin Vaught	Christiansburg
2001	6-4	Mike Riso	Monticello
2000	6-4	Jason Ross	Nelson County

1999	6-6	Luke Orman	Jefferson Forest	2009	7.58	D'Angelo Scales	Lafayette
1980	6-8	Phil Vassar	Brookville	2008	7.58	Ethan Nixon	Brookville
1979	6-9.5	Phil Kimble	George Mason	2007	7:51	Ethan Nixon	Brookville
1978	6-8	Tim James	Rustburg	2006	7.60	Ethan Nixon	Brookville
1977	N/A			2005	7.74	Dak Taylor-Watson	Lafayette
1976	N/A	David Glover	Neslon County	2004	7.79	Robert Blackwell	Dan River
1975	N/A			2003	7.70	Nelson Dawson	Heritage-Lynchburg
1974	N/A			2002	7.67	Devin Canaday	Jamestown
				2001	7.65	Derrick Harvey	Appomattox County
				2000	7.90	Derrick Harvey	Appomattox County
				1999	7.68	Dwight Norris	King George
				1980	7.50	Calvin White	Jefferson Forest
				1979	7.60	Phil Vassar	Brookville
Triple Jump				60yd Hurdles			
2012	48-10.50	David Johnson	Charlottesville	1978	7.70	Theodor McIvor	William Campbell
2011	47-01	Tony Green	Louisa County	1977	N/A		
2010	45-02.25	Aaron Little	E.C. Glass	1976	N/A	James Scott	Brookville
2009	46-09.25	Tyrese Brown	Amherst County	1975	N/A		
2008	45-06.75	Garrick Piggott	Lafayette	1974	N/A		
2007	45-03.50	Garrick Piggott	Lafayette				
2006	45-03.00	Wayne Ferguson	Heritage				
2005	47-03.75	Dak Taylor-Watson	Lafayette				
2004	46-00.75	Dakari Watson	Lafayette				
2003	49-0.5	Ryan McCoy	William Fleming				
2002	45-10	Ryan McCoy	William Fleming	55m Dash			
2001	45-6	Devin Canaday	Jamestown	2012	6.52	Harrison Scharf	E.C. Glass
2000	48-6.75	Anthony Johnson	Charlottesville	2011	6.45	Coby Branch	Nottoway
1999	47-5.5	Quinton Tanner	Heritage - Lynchburg	2010	6.44	Philip Scott	Northside
1980	45-8	Glen Foster	Patrick Henry	2009	6.47	Jamal Spears	Fluvanna County
1979	44-0.5	Moses Dyer	Western Albemarle	2008	6.50	Roderick Spruel	Chancellor
1978	44-7.75	Earston Hewitt	Rustburg	2007	6.50	Allen Dooms	Charlottesville
1977	N/A			2006	6.43	DeAngelo Wilson	Prince Edward
1976	44-9.75	Al Berkley	William Campbell	2005	6.56	Lamar Johnson	New Kent
1975	44-6.75	Clarence Robinson	Nelson County	2004	6.48	Reuben Jones	Charlottesville
1974	44-3	Jackie Cooper	Broad Run	2003	6.50	Reuben Jones	Charlottesville
				2002	6.62	Joseph Coleman	King George
Pole Vault				2001	6.63	Derone Boxley	King George
2012	14-06	Chance Parmly	Fluvanna County	2000	6.58	Adam Woods	John Handley
2011	14-0	Chance Parmly	Fluvanna County	1999	6.61	Quinton Tanner	Heritage - Lynchburg
2010	14-06	Zach Lawson	Western Albemarle	1980	6.40	Gary Hammer	Abingdon
2009	14-00	Josh Drablos	Jefferson Forest	1979	7.60	Phil Vassar	Brookville
2008	14-04	James Bell	Staunton River				
2007	15-00	Tim Beierle	Harrisonburg	60yd Dash			
2006	13-06	John Intollubbe-Chmil	Charlottesville	1978	6.40	Mauri Anderson	Rustburg
2005	14-0	Chad Harpine	Broadway	1977	N/A		
2004	13-6	Jason Wilson	Jefferson Forest	1976	N/A	Robert Burnett	Broad Run
2003	13-3	Stephen Thompson	Western Albemarle	1975	N/A	Rickey Ray	Waynesboro
2002	13-6	Jimmy Stevens	Monticello	1974	N/A		
2001	13-9	Jimmy Stevens	Monticello				
2000	14-6	J.B. Rosson	Spotswood	300m Dash			
1999	11-6	Ty Denby	Fluvanna	2012	35.39	Desmond Smallwood	Lafayette
1980	13-3	Danny Suthers	George Wythe	2011	35.96	Thomas Vitalletti	Jamestown
1979	12-0	Brad Carver	Western Albemarle	2010	35.68	Terrance Morse	Amherst County
1978	13-6	Chad Austin	Waynesboro	2009	35.94	Chris Williams	R.E. Lee-Staunton
1977	N/A			2008	35.58	Ronquis Posey	Brunswick Sr.
1976	13-0.5	Mark Spangler	Andrew Lewis	2007	36.22	Roderick Spruel	Chancellor
1975	N/A			2006	34.83	Rashad Kelso	Appomattox
1974	N/A			2005	36.21	Keith Groomes	Charlottesville
				2004	36.47	Stephen Howes	Orange County
55m Hurdles				2003	35.85	Mario Moore	Heritage - Lynchburg
2012	7.63	Xavier Waller	Heritage-Lynchburg	2002	36.08	Nicholas Luina	Tabb
2011	7.62	Tony Green	Louisa County	2001	34.59	Derrick Harvey	Appomattox County
2010	7.52	Dante Davis	Louisa County				

2000	35.21	McKinley Weaver	Rockbridge County	1975	2:18.50	Steve Dye	Broad Run
1999	35.29	Dwight Norris	King George	1974	N/A		
1980	36.60	Mike Freeman	Warren County				
1979	37.10	Larry Ivory	Western Albemarle				
300yd Dash							
1978	33.20	Larry Ivory	Western Albemarle				
1977	N/A						
1976	N/A	Bruce Merritt	Altavista				
1975	32.90	Dexter Wells	Nelson County				
1974	N/A						
500m Dash							
2012	1:06.40	Derek Holdsworth	Lafayette				
2011	1:06.75	Anthony Green	Jamestown				
2010	1:06.57	Terrance Morse	Amherst County				
2009	1:06.22	Drew Hall	William Byrd				
2008	1:05.44	Nick Ward	Western Albemarle				
2007	1:06.15	Nick Ward	Western Albemarle				
2006	1:07.33	Cameron Grant	Heritage				
2005	1:06.05	Jordan Wynder	Tabb				
2004	1:06.86	Eric Lane	Brentsville				
2003	1:06.83	Mario Moore	Heritage - Lynchburg				
2002	1:05.30	Steve Carlson	Louisa County				
2001	1:05.70	Steve Carlson	Louisa County				
2000	1:06.90	Steve Carlson	Louisa County				
1999	1:08.47	Steven Pence	Salem - Salem				
1980	1:08.20	Steve Shockley	Brookville				
1979	1:07.90	Doug Northstein	Gloucester				
600yd Dash							
1978	1:15.70	Darryl Earman	Waynesboro				
1977	N/A						
1976	1:15.10	Deryll Sullivan	Brookville				
1975	1:16.20	Deryll Sullivan	Brookville				
1974	N/A						
1000m Run							
2012	2:35.94	Jack Little	York				
2011	2:35.19	Kyle King	Grafton				
2010	2:33.78	David Gunnerson	Grafton				
2009	2:30.12	Tyler Stutzman	Western Albemarle				
2008	2:28.70	Peter Dorrell	Blacksburg				
2007	2:30.98	Logan Collins	Orange				
2006	2:34.56	Ryan Gaul	Lafayette				
2005	2:36.46	Matt Bailey	Fort Defiance				
2004	2:35.27	Lee Bradshaw	Cave Spring				
2003	2:36.59	Daniel Kane	Louisa County				
2002	2:33.78	John Crews	Rockbridge County				
2001	2:33.83	John Crews	Rockbridge County				
2000	2:33.98	Jeremy Cadle	Western Albemarle				
1999	2:40.20	Brian Cohee	Turner Ashby				
1980	2:35.30	Todd Colas	Osborn Park				
1979	2:39.10	Todd Colas	Osborn Park				
1000yd Run							
1978	2:18.60	Ben Turpin	Radford				
1977	N/A						
1976	N/A	Ben Turpin	Radford				
94 - VHSL Record Book							
				1975	2:18.50	Steve Dye	Broad Run
				1974	N/A		
1600m Run							
2012	4:21.80	David Taylor	Western Albemarle				
2011	4:17.50	George Carte	Blacksburg				
2010	4:18.33	Colin Mearns	Jamestown				
2009	4:16.49	Tyler Stutzman	Western Albemarle				
2008	4:14.29	Peter Dorrell	Blacksburg				
2007	4:17.17	Peter Dorrell	Blacksburg				
2006	4:21.17	Griff Graves	Abingdon				
2004	4:22.56	Donnie Mikles	Rustburg				
2003	4:19.91	Daniel Kane	Louisa County				
2002	4:16.67	Bobby Lockhart	John Handley				
2001	4:15.57	Bobby Lockhart	John Handley				
2000	4:18.62	Bobby Lockhart	John Handley				
1999	4:32.34	Evan Abatecola	Brookville				
1980	4:19.00	Todd Colas	Osborn Park				
1979	4:27.30	William Graham	Tabb				
Mile Run							
1978	4:19.50	Ben Turpin	Radford				
1977	N/A						
1976	4:20.00	Ben Turpin	Radford				
1975	N/A						
1974	4:21.10	Steve Dye	Broad Run				
3200m Run							
2012	9:27.02	Cody Seymour	Cave Spring				
2011	9:27.71	Derek Armstrong	Western Albemarle				
2010	9:29.36	Colin Mearns	Jamestown				
2009	9:24.42	Kyle Satterwhite	Western Albemarle				
2008	9:25.02	Tim Smith	Cave Spring				
2007	9:41.22	Klye Satterwhite	Western Albemarle				
2006	9:41.11	Richard Morris	Nottoway				
2004	9:45.18	Pat Eggleston	Brentsville				
2003	9:52.26	Thomas Antonucci	Abingdon				
2002	9:02.62	Bobby Lockhart	John Handley				
2001	9:10.97	Bobby Lockhart	John Handley				
2000	9:42.92	Bobby Lockhart	John Handley				
1999	10:06.28	Matt Wassum	Marion				
2 Mile Run							
1980	9:48.8	Forest Barker	Virginia				
1979	9:31.3	William Graham	Tabb				
1978	9:41.70	William Graham	Tabb				
1977	N/A						
1976	N/A	Wayne Coffman	Handley				
1975	9:24.80	John Frye	Handley				
1974	N/A						
800m Relay (4x200)							
2012	1:32.45	E.C. Glass					
2011	1:32.65	Louisa County					
2010	1:34.14	Louisa County					
2009	1:32.71	Louisa County					
2008	1:32.47	Heritage					
2007	1:32.92	Caroline					
2006	1:32.67	Appomattox					
2005	1:33.19	John Handley					

2004	1:32.64	Charlottesville
2003	1:31.99	Heritage
2002	1:31.37	Heritage
2001	1:32.38	Jefferson Forest
2000	1:31.92	Rockbridge County
1999	1:33.49	Heritage- Lynchburg
1980	1:36.28	Western Albemarle
1979	1:35.10	Western Albemarle

1600m Relay (4x400)

2012	3:27.41	Amherst County
2011	3:30.61	Tabb
2010	3:31.54	Tabb
2009	3:30.71	Western Albemarle
2008	3:30.20	Western Albemarle
2007	3:31.23	Christiansburg
2006	3:32.49	Jefferson Forest
2005	3:33.37	Charlottesville
2004	3:32.98	Jamestown
2003	3:28.27	Heritage-Lynchburg
2002	3:26.99	Heritage-Lynchburg
2001	3:29.03	Spotsylvania
2000	3:29.36	King George
1999	3:33.85	Lafayette
1980	3:34.70	Waynesboro
1979	3:34.30	Harrisonburg

Mile Relay

1978	3:30.30	Western Albemarle
1977	N/A	
1976	N/A	Brookville
1975	N/A	Brookville
1974	N/A	

3200m Relay (4x800)

2012	8:10.23	Lafayette
2011	8:05.98	Jamestown
2010	8:01.32	Grafton
2009	8:00.76	Blacksburg
2008	8:14.03	Blacksburg
2007	8:12.58	Jefferson Forest
2006	8:04.16	Fort Defiance
2005	8:13.19	Jefferson Forest
2004	8:18.24	Charlottesville
2003	8:17.67	Spotswood
2002	8:05.59	Lafayette
2001	8:06.90	Lafayette
2000	8:04.88	Western Albemarle
1999	8:16.24	Blacksburg

Individual Champions

A

Shot Put

1980	48-8.25	Fred Martin	Stuarts Draft
1979	50-10	Mark Brown	Wilson Memorial
1978	49-0	Jeff Rosson	Montevideo
1977	N/A		
1976	49-19.12	Clayton Mitchell	Clover Hill
1975	48-9	Jerry Hoffman	William Monroe

1974 N/A

Long Jump

1980	21-7.75	Kevin Runion	Stonewall Jackson
1979	21-0.25	Eric Blacken	Middlesex
1978	N/A	Anthony Nicholas	Fluvanna
1977			
1976		Larry Smith	Goochland
1975		Rob Clark	Poquoson
1974			

High Jump

1980	6-4	Jim Moore	N/A
1979	5-11	Allen Sullivan	Fort Defiance
1978	6-0	William Pirtle	Stonewall Jackson
1977	N/A		
1976	N/A	John Dyer	Parry McCluer
1975	6-1	Greg Slye	Luray
1974	N/A		

Triple Jump

1980	42-9	Kevin Runion	Stonewall Jackson
1979	42-9	Anthony Nicholas	Fluvanna
1978	N/A	Anthony Nicholas	Fluvanna
1977	N/A		
1976	44-6.5	Larry Smith	Goochland
1975	N/A	Bert Bowles	Fluvanna
1974	N/A		

Pole Vault

1980	12-0	David Hall	Fluvanna
1979	13-0	Tim Jenkins	Fort Defiance
1978	12-0	Todd Jenkins	Fort Defiance
1977	N/A		
1976	N/A	Alan Shomo	Montevideo
1975	N/A	Bryan Gentry	Clover Hill
1974	N/A		

55m Hurdles

1980	7.90	Walter Rich	Washington&Lee (Montross)
1979	7.60	Joe Miller	Parry McCluer

60yd Hurdles

1978	7.80	William Pirtle	Stonewall Jackson
1977	N/A		
1976	N/A	John Dyer	Parry McCluer
1975	N/A	Tim Lutz	Central (Woodstock)
1974	N/A		

55m Dash

1980	6.50	Gregory Lee	N/A
1979	6.60	Jerry Knight	Parry McCluer

60yd Dash

1978	6.60	Alphonso Foster	Prince Edward County
1977	N/A		
1976	6.40	Richard Taliaferro	Powhatan
1975	6.50	Mike Wells	William Monroe
1974	N/A		

300m Dash

1980	38.07	Gregory Lee	N/A
------	-------	-------------	-----

1979	36.5	Jerry Knight	Parry McCluer
300yd Dash			
1978	N/A		
1977	N/A		
1976	33.5	Aubrey Ellis	Goochland
1975	34.3	Jay Brown	Poquoson
1974	N/A		
500m Dash			
1980	1:10.1	Jerry Jones	Washington-Lee (Montross)
1979	1:09.0	Phillip Lyle	Prince Edward
600yd Dash			
1978	1:17.5	McCarthur Henry	Goochland
1977	N/A		
1976	1:17.8	Bert Bowles	Fluvanna Senior
1975	1:19.1	William Cook	Riverheads
1974	N/A		
1000m Run			
1980	2:42.2	Kevin Runion	Stonewall Jackson
1979	2:44.6	Ralph Eastwood	Buffalo Gap
1000yd Run			
1978	N/A	Jerome Hill	Fluvanna
1977	N/A		
1976	N/A	Terry Watson	Montevideo
1975	2:24.9	Ray Ackenbom	Fluvanna
1974	N/A		
1600m Run			
1980	4:34.0	David Fitzgerald	Parry McCluer
1979	4:33.8	Steve Huffman	Montevideo
Mile Run			
1978	N/A	Jerome Hill	Fluvanna
1977	N/A		
1976	N/A	Douglas Moore	Riverheads
1975	N/A	Ray Ackenbom	Fluvanna
1974	N/A		
3200m Run			
1980	9:58.1	Jonathon Morgan	Riverheads
1979	10:12.4	Steve Huffman	Montevideo
2 Mile Run			
1978	10:21.3	Robert Kribel	Montevideo
1977	N/A		
1976	N/A	Danny Johnson	Buffalo Gap
1975	N/A	Cassius Lawrence	Riverheads
1974	N/A		
800m Relay			
1980	1:38.0	Prince Edward	
1979	1:27.7	Parry McCluer	
880yd Relay			
1978	1:40.6	Riverheads	
1977	N/A		
1976	1:38.6	Stuarts Draft	
1975	N/A	Parry McCluer	
1974	N/A		

1600m Relay		
1980	3:40.6	Parry McCluer
1979	3:39.0	Fluvann
Mile Relay		
1978	3:42.3	Parry McCluer
1977	N/A	
1976	3:42.6	Fluvanna Senior
1975	3:49.4	Parry McCluer
1974	N/A	

Individual Champions

AA/A Combined

1973			
James Ragland	Nelson County	Shot Put	54-5.25
Alphonso Irving	Altavista	High Jump	6-2
Glen Epps	Nelson County	Triple Jump	43-10
Sylvester Robinson	Loudon County	60yd Dash	6.2
		330yd Dash	36.8
George Woodson	Nelson County	880yd Run	1:59.4
David Kiser	Turner Ashby	Mile Run	N/A
		2 Mile Run	9:51.9
1972			
Kurt Anderson	Blacksburg	Long Jump	21-9
Alphonson Irving	Altavista	High Jump	N/A
Don Dickens	Radford	Triple Jump	N/A
Lewis Darnton	Blacksburg	Pole Vault	12-0
Mike Heatwole	Turner Ashby	Shot Put	N/A
Don Dickens	Radford	Low Hurdles	N/A
Don Leighton	Radford	High Hurdles	N/A
Jim Macheras	Lexington	60yd Dash	6.3
George Woodson	Nelson County	500yd Dash	59.6
George Woodson	Nelson County	880yd Run	2:10.2
Ronnie Tucker	Nelson County	Mile Run	4:30.8
James Dart	Broad Run	Two Mile Run	N/A
	Lexington	880yd Relay	N/A
	Blacksburg	Mile Relay	3:38.2

Unclassified

1971			
Bill Davidson	Nelson County	Shot Put	53-5
Phil Bowles	Lexington	Triple Jump	42-11
David Slater	Lexington	60yd Low Hurdles	7.2
Pete Macheras	Lexington	60yd Dash	6.3
Davis/Cooper/Macheras/Macheras	Lexington	880yd Relay	1:36.6
Macheras/Macheras/Carpenter/Davis	Lexington	Mile Relay	3:41.9
1970			
Jim Becks	R.E. Lee	Shot Put	51-8
John Mallory	Madison County	Long Jump	22-3.25
Carl Thompson	Addison	High Jump	5-10
Scott Anderson	R.E. Lee-Staunton	Triple Jump	43-1
Dan Gearheart	Glenvar	Pole Vault	12-0
Guy Cohen	Albemarle	60yd Low Hurdles	7.2
David Ward	Nelson County	60yd High Hurdles	7.7
Jim Macheras	Lexington	60yd Dash	6.4
John Henderson	Nelson	500yd Dash	1:00.9
Lewis McGeehee	James Monroe	880yd Run	2:02.5
Art Johnson	Nelson	Mile Run	4:30

Gene Schultz	Handley	2 Mile Run	N/A
	Lexington	880yd Relay	1:34.00

1969

Doug Brown	Waynesboro	Shot Put	51-2
James Adams	Parry McCluer	Broad Jump	22-8
William Pace	Albemarle	Pole Vault	12-0
Edward Frazier	Altavista	High Jump	6-3
David Wert	James Wood	60yd Low Hurdles	7.2
David Ward	Nelson County	60yd High Hurdles	7.6
Harold Jones	Tunstall	60yd Dash	6.3
Scott Frye	Chilhowie	500yd Run	58.2
George Goodloe	R.E. Lee	880yd Run	2:03
	Albemarle	880yd Relay	1:37.5
Randall Fields	Albemarle	Mile Run	4:29
	Albemarle	Mile Relay	3:37.2
Will Vehrs	Stonewall Jackson	Two Mile Run	9:56

State Meet Record Holders

(* national record)

AAA

Pole Vault:	17-00.50	Michael Morrison	Great Bridge	2006
Long Jump:	25-8.25	Mike Newell	Potomac	1997
Triple Jump:	50-9.00	Larry Moore	Kempsville	1988
		Roger Bennett	Gar-Field	1983
High Jump:	7-0.25	Keith Moffitt	Menchville	2002
Shot Put:	68-00	Isaiah Simmons	Woodbridge	2011
3,200 M Relay:	7:44.70	Albemarle		2009
		(Bradley, Vrhovac, Noble, Kostelac)		
1,600 M Relay:	3:19.69	Hampton:		1995
		(J. Ward, C. Ricks, T. Henry, J. Yarborough)		
800 M Relay:	1:29.70	Deep Creek		2002
55 M Hurdles:	7.16	Rickey Harris	Centreville	1997
55 M Dash	6.24	Andrew Cason	Green Run	1996
300 M Dash:	33.78	Anthony Wheeler	Kecoughtan	1993
500 M Dash:	1:03.01	Kelly Wooden	Warwick	1988
1,000 M Run:	*2:23.68	Alan Webb	South Lakes	2001
1,600 M Run:	4:09.31	Bobby Peavey	Floyd Kellam	2009
3,200 M Run:	8:59.57	Matt Keally	Ocean Lakes	2002

AA

Pole Vault:	15-0	Tim Beierle	Harrisonburg	2007
Long Jump:	23-00.50	Wayne Ferguson	Heritage	2006
Triple Jump:	49-0.50	Ryan McCoy	William Fleming	2003
High Jump:	6-9	Travis Hobson	Christiansburg	2010
Shot Put:	56-11.25	Justin Smith	Turner Ashby	2008
3,200 M Relay:	8:00.76	Blacksburg		2009
		(Link, Hull, Howard, Hencke)		
1,600 M Relay:	3:26.9	Heritage		2002
800 M Relay:	1:29.80	Heritage		1999
55 M Hurdles:	7.51	Ethan Nixon	Brookville	2007
55 M Dash	6.43	DeAngelo Wilson	Prince Edward	2006
300 M Dash:	34.59	Derrick Harvey	Appomattox Co.	2001
500 M Dash:	1:05.30	Steve Carlson	Louisa County	2002
1,000 M Run:	2:28.70	Peter Dorrell	Blacksburg	2008
1,600 M Run:	4:14.29	Peter Dorrell	Blacksburg	2008
3,200 M Run:	9:02.62	Bobby Lockhart	John Handley	2002

GIRLS INDOOR TRACK

Team Records

Team Champions

(score, runner-up)

AAA

2012	Cosby	54.0	Western Branch	50.0
2011	Western Branch	92.0	Cosby	37.0
2010	Western Branch	78.0	Great Bridge	41.0
2009	Bethel	43.0	Landstown	37.0
2008	Landstown	64.0	Western Branch	57.0
2007	Midlothian	49.0	Bethel	36.0
2006	Bethel	48.0	Lake Braddock	42.0
2005	Bethel	54.0	Lake Braddock	46.5
2004	Bethel	55.0	Lake Braddock	45.0
2003	Menchville	61.0	Bethel	47.0
2002	Lake Braddock	51.0	Salem-VB	46.0
2001	Lake Braddock	75.0	Brooke Point	43.0
2000	Gar-Field	81.0	Bethel	57.0
1999	Gar-Field	56.0	Bethel	54.0
1998	T. Jefferson S&T	53.5	Centerville	48.0
1997	T. Jefferson S&T	60.0	Gar-Field	57.0
1996	Centreville	69.0	West Potomac	37.5
1995	Centreville	52.0	J. F. K., West Potomac	40.0
1994	T.C. Williams	50.0	Menchville	39.0
1993	Bethel	36.0	Denhigh,Lake Braddock	31.0
1992	Bethel	44.0	Highland Springs	36.0
1991	T.C. Williams	40.0	Bethel	38.0
1990	Lake Braddock	52.5	Meadowbrook	28.0
1989	Lake Braddock	52.0	James Robinson	34.0
1988	South Lakes	38.0	Lake Braddock	36.0
1987	Lake Braddock	43.0	Wm. Fleming/Langley	36.0
1986	Lake Braddock	82.75	Chantilly	22.0
1985	Lake Braddock	73.0	Jeff.-Huguenot-Wythe	63.0
1984	Jeff.-Hug.-Wythe	81.0	Langley	50.0
1983	Armstrong-Kennedy	45.5	Jeff.-Huguenot-Wythe	45.0
1982	Armstrong-Kennedy	55.33	Menchville	49.0

AA

2012	Blacksburg	61.0	E.C. Glass	41.5
2011	Blcksburg	58.0	E.C. Glass	53.0
2010	Blacksburg	81.0	Western Albemarle	59.0
2009	Blacksburg	97.0	Courtland	42.5
2008	Blacksburg	59.0	Courtland	50.0
2007	Charlottesville	66.0	Blacksburg	58.5
2006	Blacksburg	81.0	Courtland	59.0
2005	Western Albemarle	72.0	Charlottesville	63.0
2004	Western Albemarle	71.0	Courtland	51.0
2003	Western Albemarle	70.0	Heritage-Lynchburg	68.0
2002	Amherst County	70.0	Jefferson Forest	58.0
2001	Jefferson Forest	66.0	Spotsylvania	47.0
2000	Charlottesville	70.0	Jefferson Forest	63.5
1999	Charlottesville	84.0	Jefferson Forest	75.0

State championships:

7 Lake Braddock 1985-87, 1989-90, 2001-2002

Consecutive championships:

5	Blacksburg	2008-12
3	Lake Braddock	1985-87
3	Western Albemarle	2003-05

Individual Records

Most individual championships

8 Francena McCorory Bethel

Four Year Winner (Single Event)

300m Dash	Francena McCorory	Bethel	2003-06
500m Dash	Cathron Birge	Lake Braddock	1983-86

Individual Champions

AAA

Shot Put

2012	46-01.25	Kiara Howell	Grassfield
2011	41-00	Kiara Howell	Grassfield
2010	38-08.75	Sydni Cobb	Western Branch
2009	40-06	Jaleesa Williams	First Colonial
2008	39-02	Kayla Lewis	William Fleming
2007	42-06.50	Samella Koroma	T.C. Williams
2006	43-04.50	Kathy Howard	Lee-Davis
2005	42-01.5	Kathy Howard	Lee-Davis
2004	42-01.5	Antoinette Smith	E.C. Glass
2003	45-8	Tiffany Evans	Gar-Field
2002	46-0	Lindsay Neuberger	Frank Cox
2001	47-1	Lindsay Neuberger	Frank Cox
2000	45-6.25	India Odum	Hayfield
1999	41-7	Amanda Walker	Bethel
1998	41-1	January Wiliams	Lake Braddock
1997	41-11.25	Missy Banks	I.C. Norcom
1996	42-10	Kristy Martin	Robinson
1994	37-6.5	Christine Cavens	James Madison
1993	39-9	Tamika Powell	Floyd Kellam
1992	39-3.75	Keonya Harris	Hermitage
1991	41.0.75	Lenny Van Eakelen	Ferguson
1990	39-4.75	Jill Fountain	Cave Spring
1989	43-2	Susan Moats	Gar-Field
1988	42-11.75	Tanya Galloway	T.C. Williams
1987	38-9.5	Debbie Mann	Mount Vernon
1986	44.1.5	Jean Burris	Mount Vernon
1985	38-5	Jean Burris	Mount Vernon
1984	45-5	Margaret Carmine	Prince George
1983	43-5.75	Maria Lovelace	T.C. Williams
1982	44-9.5	Tracy Toon	Menchville

Long Jump

2012	19-01.50	Felecia Majors	South County
2011	18-04.75	Tiffany Ellick	Western Branch

2010	19-00.5	Shakeela Saunders	Great Bridge	1983	5-6	Rhonda Gainer	Gar-Field
2009	20-00.5	Tynita Butts	T.C. Williams	1982	5-7	Angie Jones	Groveton
2008	20-00	Tynita Butts	T.C. Williams	Triple Jump			
2007	19-07.25	Brittni Finch	Charlottesville	2012	40-03.50	Shakeela Saunders	Nansemond River
2006	19-10.25	Brittni Finch	Charlottesville	2011	40-04	Soibhan Ford-Holland	Thomas Dale
2005	18-10	Queen Harrison	Hermitage	2010	40-04.75	Montasia Golden	Lee-Davis
2004	18-08.5	Christina Ford	Bethel	2009	40-02.25	Jasia Richardson	J.R. Tucker
2003	18-10.7	Amy Seward	Salem - Virginia Beach	2008	39-05.25	Jasia Richardson	J.R. Tucker
2002	18-7.25	Amy Seward	Salem - Virginia Beach	2007	40-00.00	Rachel Butler	Lee-Davis
2001	19-1	Amy Seward	Salem - Virginia Beach	2006	39-01.00	Nakeisha Wineglass	Hayfield
2000	19-8	Sheena Johnson	Garfield	2005	39-08	Nakeisha Wineglass	Hayfield
1999	19-8	Yolanda Thompson	West Potomac	2004	37-8.75	Shayla Jemmott	Salem
1998	19-2.75	Naccolle Guinn	Thomas Jefferson - S&T	2003	41-4.75	Yvette Lewis	Menchville
1997	18-10	Courtney Neal	Atlee	2002	40-1.5	Amy Seward	Salem - Virginia Beach
1996	19-8	Destyne Jones	Centreville	2001	39-6.25	Amy Seward	Salem - Virginia Beach
1994	18-9.25	Yolanda Brown	T.C. Williams	2000	40-4	Sheena Johnson	Garfield
1993	19-2	Tonya McDuffie	Phoebus	1999	42-4.75	Sheena Johnson	Garfield
1992	18-3.75	Kim Towners	Highland Springs	1998	43-9	Yolanda Thompson	West Potomac
1991	19-1.75	Monyetta Haynesworth	Potomac	1997	39-7.5	Naccolle Guinn	Thomas Jefferson - S&T
1990	18-4.75	Niambi Dennis	Meadowbrook	1996	39-9.25	Jennifer Walker	Thomas Jefferson - S&T
1989	18-8.75	Monyetta Haynesworth	Potomac	1994	38-7.75	Jennifer Walker	Thomas Jefferson - S&T
1988	19-5	Penny Blackwell	Highland Springs	1993	38-8.5	Tonya McDuffie	Phoebus
1987	18-8	Anita Hooks	William Fleming	1992	38-7.25	Kim Towners	Highland Springs
1986	19-0.5	Carmen Mann	Falls Church	1991	38-4	Tiombe Hurd	West Potomac
1985	18-05.75	Carmen Mann	Falls Church	1990	38-9.5	Courtney Singleton	Lake Braddock
1984	18-5.5	Veronica Hicks	Jefferson-Huguenot-Wythe	1989	37-9.5	Katrina Allen	E.C. Glass
1983	18-6.5	Ellen Fox	McLean	1988	39-10.25	Mindy Manuel	Jefferson - Richmond
1982	18-2.25	Tracey Valentine	Armstrong-Kennedy	1987	37-1.5	Alexis Archer	First Colonial

High Jump

2012	5-08	Brianna Hayes	Matoaca
2011	5-07	Keilah Tyson	Western Branch
2010	5-08	Keilah Tyson	Western Branch
2009	5-09	Tynita Butts	T.C. Williams
2008	5-06	DeShana Briggs	Booker T. Washington
2007	5-09	Briana Hudson	Deep Run
	5-09	April Sinkler	Brooke Point
	5-09	Ashley Gatling	Deep Creek
2006	5-09	Ashley Gatling	Deep Creek
2005	5-8	Ashley Haislip	Lake Braddock
2004	5-8.5	Ashley Haislip	Lake Braddock
2003	5-4	Ashley Haislip	Lake Braddock
2002	5-6	Bonnie Meekins	Oakton
2001	5-7	Krystle Moss	Thomas Jefferson - S&T
2000	5-8	Krystie Moss	Thomas Jefferson - S&T
1999	5-5	Lindsay Judice	Courtland
1998	5-5	Martine Ward	Hayfield
1997	5-7	Virginia Miller	Garfield
1996	5-6	Felicia Cooksey	Mount Vernon
1994	5-8	Emily Rakes	Cave Spring
1993	5-4	Gina Snead	E.C. Glass
1992	5-6	Nicole Wyant	Osborn Park
1991	5-6	Alisa Curtis	Great Bridge
1990	5-8	Kelly Flynn	T.C. Williams
1989	5-4	Angela Boice	Mills Godwin
1988	5-2	Lisa Eastridge	James Wood
1987	5-7	Charleen Berry	Green Run
1986	5-8	Leslie Stephens	James Robinson
1985	5-8.25	Carmen Mann	Falls Church
1984	5-8	Carmen Mann	Falls Church

Pole Vault

2012	12-00	Felecia Majors	South County
2011	13-01.50	Cameron Overstreet	Atlee
2010	12-07	Lizzie Powell	Patrick Henry-Ashland
2009	12-00	Emma Dejarrette	Atlee
2008	11-06	Emma Dejarrette	Atlee
2007	12-00	Anne Marie Gordon	M. Godwin
2006	11-00	Nicole Kazuba	Chantilly
2005	11-3	Anne Marie Gordon	Mills Godwin
2004	10-6	Nicole Graziano	Lake Braddock
2003	11-4	Katheryn Pettine	Westfield
2002	11-3	Alicia LaRoche	Centreville
2001	10-9	Alicia LaRoche	Centreville
2000	11-0	Sharlotte LaRoche	Centreville
1999	10-0	Carrie Bennett	Hayfield

55m Hurdles

2012	7.95	Taranisha Taylor	Western Branch
2011	8.16	Montasia Golden	Lee-Davis
2010	8.09	Samantha Scarlett	Bethel
2009	8.12	Taylor Wheaton	Landstown
2008	8.10	Charisse Bryant	Green Run
2007	7.92	Tierra Brown	Hampton
2006	8.11	Kali Watkins	Menchville
2005	8.34	Octavia Jones	Hurricanes
2004	8.29	Adrea Wheeler	Lakeland
2003	8.19	Yvette Lewis	Menchville
2002	8.05	Jelyn Quick	Menchville
2001	8.18	Keosha Sanders	Brooke Pointe
2000	7.05	Sheena Johnson	Garfield

1999	7.90	Sheena Johnson	Garfield	2003	38.23	Francena McCorory	Bethel
1998	8.10	Naccolle Guinn	Thomas Jefferson - S&T	2003	39.98	Francena McCorory	Bethel
1997	8.21	Naccolle Guinn	Thomas Jefferson - S&T	2002	40.83	Fatima Shuler	Wakefield
1996	8.29	Destyne Jones	Centreville	2001	40.18	Deosha Sanders	Brooke Pointe
1994	7.86	LaTasha Colander	Woodrow Wilson	2000	38.30	Alyssa Aiken	Chantilly
1993	7.98	LaTasha Colander	Manor	1999	39.30	Alyssa Aiken	Chantilly
1992	8.25	LaTasha Colander	Manor	1998	39.66	Faith Rein	Centreville
1991	8.13	Monyetta Haynesworth	Potomac	1997	39.65	Promise Mose	J.F. Kennedy
1990	8.39	Marsha Parker	Denbigh	1996	39.78	Lashonda Cutchin	Bayside
1989	8.46	Tracy Claytor	William Fleming	1994	38.43	LaTasha Colander	Woodrow Wilson
1988	7.97	Lisa Wells	Manor	1993	38.94	LaTasha Colander	Manor
1987	8.18	Lisa Wells	Manor	1992	39.39	Janelle Johnson	Bethel
1986	8.13	Marcia Fletcher	Osborn Park	1991	40.02	Janelle Johnson	Bethel
1985	8.12	Dawna Collins	Denbigh	1990	40.49	Tracie Harris	Huguenot
1984	8.10	Maria Moore	Manor	1989	40.11	Lateice Hartman	Thomas Jefferson
1983	8.00	Bridgett Hayes	Menchville	1988	40.53	Kendyl Baugh	South Lakes
1982	7.90	Arnita Epps	Floyd Kellam	1987	40.40	Kendyl Baugh	South Lakes
55m Dash				1986	40.44	Julie Sandy	Salem-Va. Beach
2012	6.96	Carolyn Brown	Phoebus	1985	39.35	Cathron Birge	Lake Braddock
2011	6.94	Keilah Tyson	Western Branch	1984	39.30	Dawn Sorrell	Jefferson-Huguenot-Wythe
2010	6.96	Christal Petersen	Phoebus	1983	41.40	Shelia Brown	Bethel
2009	7.01	Keilah Tyson	Oscar Smith	1982	41.00	Fawn Young	Manor
2008	7.11	Marlena Wesh	Landstown	500m Dash			
2007	7.05	Shanneka Claiborne	Matoaca	2012	1:15.76	Maya Moore	Bethel
2006	6.99	Francena McCorory	Bethel	2011	1:14.53	Cassandra Jones	Granby
2005	7:02	Francena McCorory	Bethel	2010	1:13.30	Monica Williams	Green Run
2004	7.09	Francena McCorory	Bethel	2009	1:15.15	Genamarie McCant	James Robinson
2003	7.12	Tosin Oluwole	W. Branch	2008	1:14.64	Bethany Hyter	Osborn Park
2002	7.21	Fatima Shuler	Wakefield	2007	1:15.82	Dominique Jordan	Woodside
2001	7.03	Ara Towns	Bethel	2006	1:13.33	Francena McCorory	Bethel
2000	7.05	Alyssa Aiken	Chantilly	2005	1:14.85	Shakirra Pinnock	Bethel
1999	7.14	Faith Rein	Centreville	2004	1:14.00	Faraigh Giles	Tallwood
1998	7.23	Tiffany Purham	Salem - Virginia Beach	2003	1:13.32	Faraigh Giles	Tallwood
1997	7.14	Tiffany Purham	Salem - Virginia Beach	2002	1:16.68	Faraigh Giles	Tallwood
1996	7.14	Destyne Jones	Centreville	2001	1:13.51	Nicole Cook	Petersburg
1994	7.03	LaTasha Colander	Woodrow Wilson	2000	1:13.19	Sheena Johnson	Garfield
1993	7.07	Kerry Donovan	Denbigh	1999	1:14.46	Elizabeth Bayne	Kecoughtan
1992	7.13	Kerry Donovan	Denbigh	1998	1:14.72	Faith Rein	Centreville
1991	7.12	Tracie Harris	Huguenot	1997	1:13.84	Promise Mose	J.F. Kennedy
1990	7.17	Niambi Dennis	Meadowbrook	1996	1:16.00	Shontel Powell	Ferguson
1989	7.20	Kim Graham	Stonewall Jackson	1994	1:15.25	Sadie Jackson	Menchville
1988	7.04	Monique Everett	Denbigh	1993	1:14.80	Angie Martin	Denbigh
1987	6.94	Monique Everett	Denbigh	1992	1:15.13	Angie Martin	Denbigh
1986	7.03	Monique Everett	Denbigh	1991	1:18.95	Angie Martin	Denbigh
1985	6.90	Charlene Hinton	N/A	1990	1:16.61	Batanya Poole	Manor
1984	6.90	Dawn Sorrell	Jefferson-Huguenot-Wythe	1989	1:16.28	Nene Hosby	Stonewall Jackson
1983	6.90	Cynthia Fife	Armstrong-Kennedy	1988	1:15.05	Glenna Hosby	Stonewall Jackson
1982	7.00	Fawn Young	Manor	1987	1:14.81	Kendyl Baugh	South Lakes
300m Dash				1986	1:14.12	Cathron Birge	Lake Braddock
2012	38.98	Tanisha Greene	Landstown	1985	1:16.05	Cathron Birge	Lake Braddock
2011	39.83	Tanisha Greene	Landstown	1984	1:16.50	Cathron Birge	Lake Braddock
2010	39.83	Shakeela Saunders	Great Bridge	1983	1:16.90	Cathron Birge	Lake Braddock
2009	38.86	Marlena Wesh	Landstown	1982	1:17.40	Laura Johnson	Chantilly
2008	39.41	Marlena Wesh	Landstown	1000m Run			
2007	39.84	Dominique Jordan	Woodside	2012	2:51.46	Kimberly Ficenc	Mountain View
2006	37.67	Francena McCorory	Bethel	2011	2:54.47	Kimberly Ficenc	Mountain View
2005	38.38	Francena McCoroy	Bethel	2010	2:59.56	Ariel Karabinus	Osborn Park
				2009	2:55.38	Paige Johnston	Midlothian

2008	2:57.59	Tasia Potasinski	Westfield
2007	2:55.05	Paige Johnston	Midlothian
2006	2:56.06	Andrea Oaxaca	Yorktown
2005	2:57.02	Kristen Wolfe	James River
2004	2:56.42	Natalie Sherbak	Floyd Kellam
2003	2:57.79	Huma Husain	West Springfield
2002	2:58.18	Dacia Barr	Centreville
2001	2:57.28	Kelley Otstott	Thomas Jefferson - S&T
2000	2:52.90	Elizabeth Bayne	Kecoughtan
1999	2:57.36	Sharon O'Connor	Mount Vernon
1998	2:58.61	Sharon O'Connor	Mount Vernon
1997	2:58.61	Jaclyn Kerr	Thomas Jefferson - S&T
1996	3:00.69	Amanda Buell	Chantilly
1994	2:58.00	Jennifer Meadow	Atlee
1993	3:00.10	Abigail Noonan	Osbourn Park
1992	2:57.11	Kelly Mercer	T.C. Williams
1991	2:58.94	Kelly Mercer	T.C. Williams
1990	3:01.27	Steph Beckes	Salem
1989	3:00.50	Skye Eddy	Herndon
1988	3:02.35	Skye Eddy	Herndon
1987	2:56:00	Sharon Poole	Langley
1986	2:57.40	Kim Marks	Lake Braddock
1985	3:01.80	Gena Clare	James Robinson
1984	3:00.30	Jennifer Pederson	Langley
1983	2:57.20	Alisa Harvey	Thomas Jefferson
1982	3:00.40	Andrea Volpe	Lake Braddock

1600m Run

2012	4:53.42	Megan Moye	Cosby
2011	4:55.37	Megan Moye	Cosby
2010	4:55.72	Kathleen Lautzenheiser	Midlothian
2009	5:00.50	Paige Johnston	Midlothian
2008	4:59.04	Tasia Potasinski	Westfield
2007	4:58.32	Kristine Tobin	Great Bridge
2006	5:02.69	Kristine Tobin	Great Bridge
2005	5:04.33	Danielle Light	Oakton
2004	4:54.88	Amanda Patterson	Midlothian
2003	4:55.80	Jennifer Boyd	Hickory
2002	5:02.54	Keira Carlstrom	Oakton
2001	4:57.59	Kelley Otstott	Thomas Jefferson - S&T
2000	5:07.04	Erin Swain	Lake Braddock
1999	5:04.60	Liz Awtry	James Robinson
1998	4:52.28	Laura Heiner	Centreville
1997	5:00.60	Jaclyn Kerr	Thomas Jefferson - S&T
1996	4:59.81	Jaclyn Kerr	Thomas Jefferson - S&T
1994	5:09.93	Jaclyn Kerr	Thomas Jefferson - S&T
1993	5:07.14	Carrie Siebeskrob	James Robinson
1992	4:57.04	Kimberly Goode	Clover Hill
1991	5:04.29	Meghan McCarthy	James Robinson
1990	4:59.96	Meghan McCarthy	James Robinson
1989	5:03.24	Meghan McCarthy	James Robinson
1988	5:02.60	Anne Evans	South Lakes
1987	4:47.78	Erin Keogh	Langley
1986	4:56.90	Amy Colvin	Chantilly
1985	5:08.30	Tracy Duke	James Robinson
1984	5:01.90	Victoria Verinder	Langley
1983	4:59.10	Alisa Harvey	Thomas Jefferson
1982	5:03.70	Andrea Volpe	Lake Braddock

3200m Run

2012	10:25.06	Megan Moye	Cosby
2011	10:37.81	Megan Moye	Cosby
2010	10:48.39	Sophie Chase	Lake Braddock
2009	11:01.32	Kaitlyn Davis	Mountain View
2008	10:48.80	Kathleen Lautzenheiser	Midlothian
2007	10:46.51	Sarrah Hadiji	Woodson
2006	11:02.26	Sarrah Hadiji	W.T. Woodson
2005	10:36.36	Melissa Dewey	Hayfield
2004	10:34.78	Amanda Patterson	Midlothian
2003	10:51.03	Jennifer Boyd	Hickory
2002	10:58.39	Jennifer Boyd	Hickory
2001	11:10.31	Kelly Swain	Lake Braddock
2000	11:00.59	Erin Swain	Lake Braddock
1999	10:48.84	Liz Qwtry	James Robinson
1998	10:32.73	Laura Heiner	Centreville
1997	10:56.30	Pam Edwards	Tallwood
1996	11:03.13	Laura Heiner	Centreville
1994	10:54.09	Jaclyn Kerr	Thomas Jefferson - S&T
1993	11:10.66	Keri Gray	Oakton
1992	10:55.90	Kimberly Goode	Clover Hill
1991	11:09.76	Meghan McCarthy	James Robinson
1990	11:07.19	Meghan McCarthy	James Robinson
1989	11:07.33	Meghan McCarthy	James Robinson
1988	11:00.52	Anne Evans	South Lakes
1987	10:07.03	Erin Keogh	Langley
1986	10:25.10	Erin Keogh	Langley
1985	11:17.20	Kristi Cassell	Lake Braddock
1984	10:55.40	Victoria Verinder	Langley
1983	11:16.60	De March Robertson	Jefferson-Huguenot-Wythe
1982	11:10.90	Charlene Durstrena	Yorktown

800m Relay (4x200)

2012	1:42.31	Western Branch
2011	1:43.39	Osbourn Park
2010	1:40.94	Western Branch
2009	1:42.52	Bethel
2008	1:41.87	Landstown
2007	1:43.16	Centreville
2006	1:42.13	Salem
2005	1:42.22	Bethel
2004	1:42.13	Bethel
2003	1:41.96	Bethel
2002	1:43.48	Bethel
2001	1:42.97	Lake Braddock
2000	1:43.83	Bethel
1999	1:41.04	Bethel
1998	1:42.51	Menchville
1997	1:42.52	Bayside
1996	1:43.42	Bayside
1994	1:45.33	J.F. Kennedy
1993	1:45.34	Bethel
1992	1:44.77	Bethel
1991	1:46.09	Bethel
1990	1:45.76	West Potomac
1989	1:46.80	Hampton
1988	1:44.28	Bethel
1987	1:44.92	Lake Braddock
1986	1:44.91	Jefferson-Huguenot-Wythe

1985	1:44.48	Jefferson-Huguenot-Wythe
1984	1:45.00	Jefferson-Huguenot-Wythe
1983	1:45.40	Armstrong-Kennedy
1982	1:46.4	Armstrong-Kennedy

1600m Relay (4x400)

2012	3:53.36	Cosby
2011	3:51.96	Bethel
2010	3:55.68	Bethel
2009	3:56.61	Booker T. Washington
2008	3:50.68	Landstown
2007	3:57.13	Osbourn Park
2006	3:53.07	Kecoughtan
2005	3:57.63	Kecoughtan
2004	3:58.34	Salem
2003	3:57.74	Tallwood
2002	3:58.22	Bethel
2001	3:57.85	Bethel
2000	3:55.89	Menchville
1999	3:50.92	Bethel
1998	3:52.67	Bethel
1997	3:59.18	Bethel
1996	3:59.29	West Potomac
1994	3:52.65	Menchville
1993	4:01.25	Menchville
1992	3:58.64	Bethel
1991	4:04.15	Bethel
1990	4:03.01	T.C. Williams
1989	4:04.81	T.C. Williams
1988	4:01.98	Manor
1987	3:58.97	Lake Braddock
1986	4:00.99	Lake Braddock
1985	3:58.10	Lake Braddock
1984	4:01.70	Jefferson-Huguenot-Wythe
1983	4:07.40	Jefferson-Huguenot-Wythe
1982	3:24.5	Jefferson-Huguenot-Wythe

3200m Relay (4x800)

2012	9:16.65	Cosby
2011	9:25.09	West Potomac
2010	9:29.43	Midlothian
2009	9:21	Ocean Lakes
2008	9:12.18	Westfield
2007	9:07.27	Midlothian
2006	9:20.86	Midlothian
2005	9:24.33	Midlothian
2004	9:29.32	Oakton
2003	9:22.32	Floyd Kellam
2002	9:25.29	James Robinson
2001	9:35.42	James Robinson
2000	9:28.11	Thomas Jefferson - S&T
1999	9:12.82	Thomas Jefferson - S&T
1998	9:29.15	Thomas Jefferson - S&T
1997	9:18.78	James Robinson
1996	9:32.39	James Robinson
1994	9:33.60	E.C. Glass
1993	9:38.41	Langley
1992	9:39.26	Langley
1991	9:39.59	T.C. Williams

1990	9:51.81	West Springfield
1989	9:35.46	Jefferson-Huguenot-Wythe

Individual Records

AA

Most individual championships

6	Catherine White	Northside
5	Sha'Tia Hart	Courtland
5	Sarah Bowman	Fauquier

Four Year Winner (Single Event)

N/A

Individual Champions

AA

Shot Put

2012	43-00	Rochelle Evans	Christiansburg
2011	41-08.50	Rochelle Evans	Christiansburg
2010	40-04.75	Daquaa Scott	R.E. Lee
2009	39-00	Gabriel Tyler	Greensville County
2008	39:06.50	Katie Cummings	Fort Defiance
2007	37-05.50	Katie Cummings	Fort Defiance
2006	42-01.25	Hope Creasy	Christiansburg
2005	42-03.25	Rachel Clark	Liberty-Bealton
2004	41-1.75	Tierra Hubbard	William Fleming
2003	38-6.5	Kimberly Williams	Bruton
2002	40-4.25	Tierra Hubbard	Gretna
2001	40-8.5	Mildred Cooper	Gretna
2000	37-7	Cassandra Graft	Gretna
1999	37-2.75	Ashley Honeycutt	Lee

Long Jump

2012	19-07.25	Javanique Burruss	Louisa County
2011	17-04	Karissa Jenkins	R.E. Lee-Staunton
2010	17-11	Amber Church	Pulaski County
2009	17-08.75	Bilnita Armstead	James Monroe
2008	17-04.75	Lacear Hubbard	Amherst County
2007	18-00.75	Rashawnda James	Charlottesville
2006	18-00.25	Sha'Tia Jart	Courtland
2005	17-05.25	Sha'Tia Hart	Courtland
2004	18-1	Shemeca Berkley	Amherst County
2003	18-7.75	Octavia Best	Prince Edward County
2002	18-4.5	LaTonya Anderson	Caroline
2001	18-4.5	Ebony Foster	Jefferson Forest
2000	19-1	Ebony Foster	Jefferson Forest
1999	16-11.75	Ebony Foster	Jefferson Forest

High Jump

2012	5-04	Julia Young	Grafton
2011	5-05	Caroline Crowe	John Handley
2010	5-04	Amber Church	Pulaski County
2009	5-04	Danyelle Kent Robinson	Brentsville
2008	5-05	Christina Fenske	Stuarts Draft
2007	5-03	Danyelle Kent-Robinson	Brentsville
2006	5-02	Christina Phillips	Tabb
2005	5-1	Sha'Tia Hart	Courtland
2004	5-2	Celeste Doerwaldt	John Handley
2003	5-4	Imani Moorman	Amherst County
2002	5-4	Megan Mlinarchik	Broadway

2001	5-4	Jenifer Nelms	Spotsylvania
2000	5-8	Jennifer Nelms	Spotsylvania
1999	5-2	Ophelia Kier-Johnson	R.E. Lee - Springfield

Triple Jump

2012	36-04.75	Keyana Chapelle	Northside
2011	38-03.25	Karissa Jenkins	R.E. Lee-Staunton
2010	37-0	Edy Ndem	Cave Spring
2009	30-00.75	Krystal Parrish	Park View-South Hill
2008	35-10.25	Candace Davis	Amherst County
2007	37.0	Rashawnda James	Charlottesville
2006	36-01.00	Sha'Tia Hart	Courtland
2005	36-03.75	Dominique McCoy	Bruton
2004	38-5	Shemeca Berkley	Amherst County
2003	39-7	Imani Moorman	Amherst County
2002	38-0.25	Imani Moorman	Amherst County
2001	37-7.25	Michelle Gardner	Western Albemarle
2000	37-7.5	Joyce Johnson	Charlottesville
1999	36-10	Johanna Garrity	Charlottesville

Pole Vault

2012	12-00	Hannah Meador	Fluvanna County
2011	10-09	Kelsey Grupp	Western Albemarle
2010	10-06	Nicole Harding	Western Albemarle
2009	11-00	Shelley Parker	Brookville
2008	11-00	Shelley Parker	Brookville
2007	10-00	Emma Pelton	Monticello
2006	12-00	Ashley Early	Western Albemarle
2005	12-03	Ashley Early	Western Albemarle
2004	11-1	Randi Lawson	Appomattox County
2003	9-6	Randi Lawson	Appomattox County
2002	11-0	Megan Mlinarchik	Broadway
2001	10-6	Tabitha Schwartz	Appomattox County
2000	10-3.5	Tabitha Schwartz	Appomattox County
1999	6-6	Marcelle VanYahres	Charlottesville

55m Hurdles

2012	8.25	Javanique Burruss	Louisa County
2011	8.70	Nialah Wilson	Lord Botetourt
2010	8.42	Amber Church	Pulaski County
2009	8.49	Mandy Kauffman	Harrisonburg
2008	8.61	Monae Waller	Courtland
2007	8.48	Danyelle Kent-Robinson	Bentsville
2006	8.58	Annie Grant	Blacksburg
2005	8.60	Kierra Gregory	Jamestown
2004	8.72	Tierra Gregory	Jamestown
2003	8.62	Octavia Best	Prince Edward County
2002	8.53	LaTonya Anderson	Caroline
2001	8.68	Alesia Hovatter	Central - Woodstock
2000	8.73	Joselyn Travis	Blacksburg
1999	7.32	Latoya Carter	Heritage - Lynchburg

55m Dash

2012	7.14	Latrice Morris	Heritage-Lynchburg
2011	7.06	Alyn Carr	Blacksburg
2010	7.30	Ashontae Jackson	Orange County
2009	7.24	Sherelle White	York
2008	7.27	Sherelle White	York
2007	7.26	Kisha Garrick	Caroline
2006	7.34	Sha'Tia Hart	Courtland
2005	7.15	Patrice Potts	Brunswick

2004	7.22	Angela Johnson	Charlottesville
2003	7.30	Angela Johnson	Charlottesville
2002	7.30	Jenca Brown	Amherst County
2001	7.43	Ebony Foster	Jefferson Forest
2000	7.32	Ebony Foster	Jefferson Forest
1999	6.31	Johanna Garrity	Charlottesville

300m Dash

2012	40.77	Verna Hilaire-Lee	John Handley
2011	40.12	Kiara Porter	Tabb
2010	41.12	Ashontae Jackson	Orange County
2009	40.61	Kenara Hurt	Liberty-Bedford
2008	41.26	Kenara Hurt	Liberty-Bedford
2007	40.94	Brittany Cabbler	William Fleming
2006	41.55	Brittany Cabbler	William Fleming
2005	40.38	Ashley Brown	Charlottesville
2004	41.01	Tra Screen	Heritage-Lynchburg
2003	41.44	Tra Screen	Heritage-Lynchburg
2002	39.53	LaTonya Anderson	Caroline
2001	40.37	LaTonya Anderson	Caroline
2000	40.13	Ebony Foster	Jefferson Forest
1999	40.70	Johanna Garrity	Charlottesville

500m Dash

2012	1:15.34	Britani Myers	John Handley
2011	1:17.02	Britani Myers	John Handley
2010	1:17.61	Hannah Brown	Blacksburg
2009	1:17.68	Hannah Brown	Blacksburg
2008	1:19.77	Avery Mattingly	Blacksburg
2007	1:17.07	Brittany Cabbler	William Fleming
2006	1:18.08	Brittany Cabbler	William Fleming
2005	1:17.61	Cate Beranato	Blacksburg
2004	1:19.96	Brittany Cabbler	William Fleming
2003	1:19.88	Keshia Dabney	Heritage-Lynchburg
2002	1:15.53	Ashley Gore	Jamestown
2001	1:17.82	Jennifer Nelms	Spotsylvania
2000	1:17.45	Jennifer Nelms	Spotsylvania
1999	1:19.60	Allison Smith	Lafayette

1000m Run

2012	2:58.20	Katie Fortner	Cave Spring
2011	2:57.90	Haley Cutright	Hidden Valley
2010	2:57.47	Kathleen Stevens	Blacksburg
2009	2:57.56	Kathleen Stevens	Blacksburg
2008	2:57.08	Laura Rapp	Heritage-Lynchburg
2007	3:00.28	Cate Beranato	Blacksburg
2006	3:05.95	Ariel Burbey	Blacksburg
2005	2:43.40	Sarah Bowman	Fauquier
2004	2:55.26	Sarah Bowman	Fauquier
2003	2:52.44	Sarah Bowman	Fauquier
2002	3:01.32	Amanda Reinholtz	Blacksburg
2001	3:06.86	Mary Hendricks	Blacksburg
2000	3:07.54	Jill Wilson	Louisa County
1999	3:07.08	Jill Wilson	Louisa County

1600m Run

2012	4:54.80	Carolyn Bethel	Hidden Valley
2011	4:55.29	Hannah Brown	Blacksburg
2010	4:50.07	Joanna Stevens	Blacksburg
2009	4:58.28	Joanna Stevens	Blacksburg
2008	5:07.10	Laurel MacMillan	Blacksburg

2007	4:55.92	Catherine White	Northside
2006	4:53.24	Catherine White	Northside
2005	5:10.46	Catherine White	Northside
2004	5:03.86	Sarah Bowman	Fauquier
2003	5:00.59	Sarah Bowman	Fauquier
2002	5:07.69	Shannon Saunders	Jefferson Forest
2001	5:12.27	Shelley Slep	Marion
2000	5:24.36	Jill Wilson	Louisa County
1999	5:13.72	Kimberly Myers	Jefferson Forest

3200m Run

2012	10:52.28	Crystal Nelson	Millbrook
2011	10:34.44	Krista DeCeault	Sherando
2010	10:29.70	Joanna Stevens	Blacksburg
2009	11:20.62	Allison Homer	Blacksburg
2008	11:12.38	Laurel MacMillan	Blacksburg
2007	10:52.73	Catherine White	Northside
2006	10:40.10	Catherine White	Northside
2005	11:11.02	Catherine White	Northside
2004	11:09.65	Kristen Hagen	Christiansburg
2003	11:13.46	Jennifer Beury	Hidden Valley
2002	11:03.44	Shannon Saunders	Jefferson Forest
2001	11:26.54	Shannon Saunders	Jefferson Forest
2000	11:48.32	Shannon Saunders	Jefferson Forest
1999	11:29.60	Kimberly Myers	Jefferson Forest

800m Relay (4x200)

2012	1:45.20	E.C. Glass
2011	1:45.91	E.C. Glass
2010	1:47.50	E.C. Glass
2009	1:46.99	Louisa County
2008	1:47.30	Courtland
2007	1:45.99	Courtland
2006	1:44.10	Courtland
2005	1:44.82	Charlottesville
2004	1:45.30	Courtland
2003	1:45.33	Heritage
2002	1:44.52	Amherst
2001	1:45.94	Caroline
2000	1:46.46	Charlottesville
1999	1:49.41	Jefferson Forest

1600m Relay (4x400)

2012	3:59.39	Tabb
2011	4:05.03	Tabb
2010	4:10.30	Heritage-Lynchburg
2009	4:06.53	Courtland
2008	4:12.40	Courtland
2007	4:07.26	Courtland
2006	4:05.78	Courtland
2005	4:05.81	Blacksburg
2004	4:04.75	Western Albemarle
2003	4:07.16	Western Albemarle
2002	4:09.42	Heritage
2001	4:07.61	Spotsylvania
2000	4:13.59	Charlottesville
1999	4:12.81	Charlottesville

3200m Relay (4x800)

2012	9:46.85	Christiansburg
------	---------	----------------

2011	9:31.67	Western Albemarle
2010	9:33.94	Western Albemarle
2009	9:34.53	Blacksburg
2008	9:47.36	Brentsville
2007	9:42.55	Brentsville
2006	9:56.05	Blacksburg
2005	9:46.13	Blacksburg
2004	9:38.11	Western Albemarle
2003	9:33.83	Western Albemarle
2002	9:57.42	Blacksburg
2001	9:53.64	Rustburg
2000	9:59.64	Lafayette
1999	9:58.24	Western Albemarle

State Meet Record Holders

AAA

Long Jump:	20:00.50	Tynita Butts	T.C. Williams	2009
Triple Jump:	42-4.75	Sheena Johnson,	Gar-Field	1999
High Jump:	5-9.00	Ashley Gatling	Deep Creek	2006
	5-9.00	Briana Hudson	Deep Run	2007
	5-9.00	April Sinkler	Brooke Point	2007
	5-9.00	Ashley Gatling	Deep Creek	2007
	5-9.00	Tynita Butts	T.C. Williams	2009
	5-9.00	Pearl Bickersteth	Potomac	2009
Shot Put:	47-1	Lindsay Neuberger	Frank Cox	2001
Pole Vault:	13-0.65	Cameron Overstreet	Atlee	2011
3,200 M Relay:	9:07.27	Midlothian		2007
		K. Lautzenheiser,/P. Johnston/S. Dow	MCMiller	
1,600 M Relay:	3:50.68	Landstown:		2008
		K. Hinnant, M.Wesh, T. Wheaton, C. McGee		
800 M Relay:	1:40.94	Western Branch		2010
		S. Williams, T. Taylor, K. Tyson, T. Ellick		
55 M Hurdles:	7.85	Sheena Johnson	Gar-Field	2000
55 M Dash:	6.92	Keilah Tyson	Western Branch	2011
500 M Dash:	1:13.19	Sheena Johnson	Gar-Field	2000
1,600 M Run:	4:47.78	Erin Keogh,	Langley	1987
1,000 M Run:	2:53.90	Elizabeth Bayne	Kecoughtan	2000
300 M Dash:	37.67	Francena McCorory	Bethel	2006
3,200 M Run:	10:07.03	Erin Keogh,	Langley	1987

AA

Long Jump:	19-07.25	Javanique Burruss	Louisa County	2012
Triple Jump:	39-7	Imani Moorman	Amherst Co.	2003
High Jump:	5-8	Jennifer Nelms	Spotsylvania	2000
Shot Put:	42-03.25	Rachel Clark	Liberty-Bealeton	2005
Pole Vault:	12-3	Ashley Early	Western Alb.	2005
3,200 M Relay:	9:31.67	Western Albemarle		2011
1,600 M Relay:	3:59.39	Tabb		2012
		King, Soistmann, Omweg, Harmatz		
800 M Relay:	1:44.10	Courtland		2006
		Phillips, Hart, Lott, Lott		
55 M Hurdles:	8.42	Amber Church	Pulaski Co.	2010
55 M Dash:	7.06	Alyn Carr	Blacksburg	2011
500 M Dash:	1:15.34	Britani Myers	John Handley	2012
1,600 M Run:	4:50.07	Joanna Stevens	Blacksburg	2010
1,000 M Run:	2:43.40	Sarah Bowman	Fauquier	2005
300 M Dash:	39.53	LaTonya Anderson	Caroline	2002
3,200 M Run:	10:29.70	Joanna Stevens	Blacksburg	2010